APRIL 2019

SUMMIT GLEN STAFF

Management Team .. ALLEN & NATALIE MILLER
Management Team ...SCOTT & KELLEY VAUGHN
Executive Chef ..... RYAN BOYD
Sous Chef ..... MORGAN QUALLS
Activity Coordinator ..... BARBARA GIBSON
Maintenance ..... JERRET GREEN
Bus Drivers .....ELDEN STROMER & MICHAEL LUNDY
Lead Housekeeper..... BERNICE MCCOY

TRANSPORTATION

First Monday of the Month, 9:30 a.m. & 2 p.m.: Errands

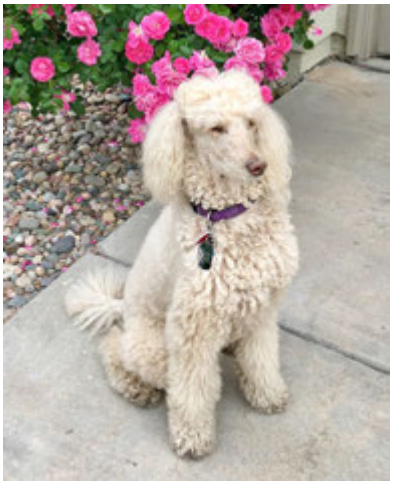
Tuesday & Thursday, 9 a.m.-3 p.m.: Doctor Appointments

Friday, 9 a.m., 10 a.m. & 2 p.m.: Shopping

Meet Ruth Douglas

Ruth was born in Boise, Idaho, on the cusp of the Stock Market Crash of 1929. Her family was forced to move to California shortly after her birth looking for work. Ruth's parents and her three older siblings settled in California and she graduated high school in 1947. Ruth went to a Bible College in Eugene, Oregon, where she graduated with a degree in Christian Education. She then worked at a church in San Gabriel, California, and during her time there, met the love of her life, Dick Douglas. Dick and Ruth dated for 11 months before tying the knot on November 7, 1953. The Douglas's passion for Christ led them to Seattle, where they opened their first church in an area where they knew no one, but still successfully grew the congregation. Over the next 50 years, the Lord led them to pioneer four different churches in four different states, all while raising their two beautiful children, Larry and Marlene. In 1971, they landed in Colorado Springs, where they would start up and pastor the Christian Center for 16 years. After retiring in 1995, Ruth and Dick took on a challenge to move to Boise, Idaho, and plant their final church. After five years in Boise, Dick had a calling to move back to Colorado Springs. With a lot of prayer, they moved back to Colorado Springs to officially retire close to family and friends. Ruth and Dick loved to travel, were involved in their local church and enjoyed spending time with their five grandchildren and three great-grandchildren. Sadly, Dick passed in 2015. Ruth moved to Summit Glen in 2017, and has really enjoyed her time here. She is very active and especially enjoys Farkle, Bean Bag Baseball and Memory Enhancement Class. Ruth is a personable, positive light at Summit Glen, and we are so thankful to have her as a resident.

Ethel, the Therapy Dog



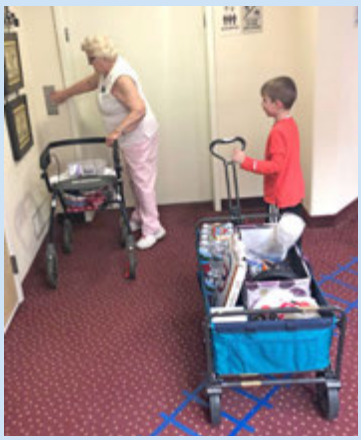
Hi, everyone!

I've been here at Summit Glen now for five months and my life is wonderful! Everyone is friendly, I've made many friends and I feel fulfilled that I am needed. As many of you know, I am scheduled in the Library each Wednesday morning at 10:30 a.m., and there are many of my friends who come there to feel better. The excitement permeating through our group is fun to witness, then gradually a "calm" sets in and the atmosphere becomes relaxed and warm. When I'm finished working, after about half an hour, I simply lie down and my friends and handler continue to quietly discuss a variety of subjects of interest to those present — usually behavior regarding animals. Recently, one of my friends introduced to the group the "goozle," or is it "guzzle?" My friend, Don, told us that everyone has one. I have two! It seems that animal lovers are kind people who have knowledge of important things!

Speaking of kindness, since I've been here at Summit Glen, I have greatly enjoyed greeting my friends in the Atrium. I came to realize that some of our residents are very anxious about dogs, especially large dogs! Some do not realize that I would never hurt anyone and I feel that if I make someone feel uncomfortable, I have to change my routine. I won't greet people in the Atrium in the future, but will still be friendly with those I meet as I go about our beautiful Community. I don't want to be with people who are uncomfortable with me. Meanwhile, I would like to be involved with my canine friends and socialize with them and their handlers. We can learn much positive behavior from each other and become a friendly group of pets here at Summit Glen! So, until next month, remember, "Wherever you go — there you are!"

Superbowl LIII — Patriots Score Late Touchdown to Defeat Rams 13-3

What a great turnout we had for our Super Bowl Party this year. With help from Betty Biggs and her great-grandson, James Hutchison, we put on an awesome spread. Who could say no to Chick-fil-A and cookies? While the food and company were great, the game left something to be desired. I think the overwhelming feeling was, "Let's get this game started!" Thanks to everyone who came to cheer on the New England Patriots and the Los Angeles Rams in Super Bowl LIII.



Fun in February — The Month At a Glance

"In February, there is everything to hope for and nothing to regret." —Patience Strong

Lupe and Birdie getting in some cardio together.

Sweethearts Bill and Mary Ellen celebrating Valentine's Day.

Every Friday, these guys meet at 3 p.m. to shoot some pool. Everyone is welcome to join!

So lovely to celebrate our new friends at the Monthly New Residents' Social.

Residents starting their day out right with exercise class.

Hot off the Press! Judy and Don are running the halls delivering the March Newsletter!

Foggy Morning Breakfast & Farewell to Barbara

Our early foggy trip to Urban Egg was a fabulous time! This fun outing was a great opportunity for us to wish Barbara the best of luck on her upcoming foot surgeries. Barbara has kept in touch and is happy to report a very successful first surgery. She is pleasantly surprised at how quickly she is recovering! Please keep Barbara in your thoughts as she prepares for her second foot surgery in the coming weeks.

APRIL 2019

Birthdays

Mary Anne Mull, 2nd
Ginny Davies, 4th
Mary Ellen Owens, 6th
Mary Lindsey, 7th
Dick Hobson, 9th
Jo Ann Orfield, 12th
Janice Yost, 13th
Judy Rose, 14th
Loran Loy, 20th
Earl Hansen, 24th
Margaret Bush, 24th
Ed Santos, 25th
Margaret Smith, 28th

Locations

Activity Room, AR
Atrium, Atrium
Back Lawn, BL
Billiards Room, BR
Chapel, CH
Dining Room, DR
Library, LB
TV Room, TVR

Resident Meeting Reminders:

Managers: The first Thursday of every month at 11 a.m. in the Activity Room.

Chef/Activities/ Maintenance: The last Thursday of every month at 11 a.m. in the Activity Room

Sign up for all activities and outings in the Activity Room Sign-up Book

See the "Regularly Scheduled, Recurring Events" newsletter insert for even more activities!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 **Errand Day** 9:30 Stretching Exercise, AR **10:00 Writing Group, AR** 11:00 Memory Enhancement, AR **11:00 Mass with Father Lawrence, Holy Apostles, CH** 2:15 Bingo, AR 3:30 Summit Sisterhood Bible Study, LB **4:00 Soprano Choir, Atrium**	2 9:30 Strength Exercise Class, AR 10:00 Chair Yoga with Legacy, AR **10:30 Needlecraft, BR** 1:30 The Closet Door Store Open, Atrium 3:00 Bean Bag Baseball, Atrium **4:30 Alto Choir, Atrium**	3 9:30 Balance Boost, AR **10:30 Ethel the Therapy Dog, LB** **11:00 Spring Tea at Glen Eyrie Castle** 2:30 Memory Enhancement, TVR 3:30 Choir Practice, Atrium **4:00 Speaker & Demonstration: Western Mining Museum, AR**	4 9:30 Strength Exercise Class, AR **10:00 Blood Pressure Checks, AR** **11:00 Resident/Manager Meeting, AR** **11:00 Onsite Dermatology** **2:00 Judi's Sew Mending Ways, BR** 2:15 Bingo **3:15 Walking Club** **4:00 Entertainment: The Alaska Connection, Atrium**	5 **9:30 Stretching Exercise, AR** **11:00 Virtual Reality Trip Around the World, AR** **2:00 Shopping at Target/ Safeway/Powers** 2:15 Cardio Drumming, AR **3:00 Book Club Monthly Meeting, LB** **3:00 Pool, BR** **6:45 Inspirational Movie Night, TVR**	6 9:30 Simply Stretch Exercise, AR **10:00 Bible Study with Dennis, AR** **11:15 Pictionary, AR** **11:15 Walking Club** 2:15 Bingo, AR **7:00 Wii Bowling, AR**
7 9:30 Simply Stretch Exercise, AR **10:30 Holy Communion with Lily Wright** **11:00 Church Service: Hope and Love Ministries, CH** 2:00 Game Time: Board Games, AR **7:00 Sunday Evening Movie, TVR**	8 9:30 Stretching Exercise, AR **10:00 Current Events and Coffee, AR** 11:00 Memory Enhancement, AR 2:15 Bingo, AR 3:30 Summit Sisterhood Bible Study, LB **4:00 Soprano Choir, Atrium**	9 9:30 Strength Exercise Class, AR 10:00 Chair Yoga with Legacy, AR **10:30 Craft: Homemade Butterfly Feeder, AR** 1:30 The Closet Door Store Open, Atrium **1:45 PPLD Mobile Library** 3:00 Bean Bag Baseball, Atrium **3:45 Decorating Mugs with Horizon Middle School, AR** **4:30 Alto Choir, Atrium**	10 9:30 Balance Boost, AR **10:30 Ethel the Therapy Dog, LB** **11:00 Music at Midday at Colorado College** 2:30 Memory Enhancement, TVR 3:30 Choir Practice, Atrium **3:30 Jewelry Class with Rita, AR**	11 9:30 Strength Exercise Class, AR **10:00 Blood Pressure Checks, AR** **10:30 Parrot Lady, AR** 2:15 Bingo **3:15 Walking Club**	12 **9:30 Stretching Exercise, AR** **10:00 Complimentary Facials with Kathryn From Mary Kay, AR** **11:00 Wii Bowling, AR** **2:00 Shopping at King Soopers/ Walmart Grocery Store** 2:15 Cardio Drumming, AR **3:00 Pool, BR** **4:00 Elvis Performance, Atrium**	13 9:30 Simply Stretch Exercise, AR **10:00 Bible Study with Dennis, AR** **11:15 Yahtzee, AR** **11:15 Walking Club** 2:15 Bingo, AR **7:00 Wii Bowling, AR**
PALM SUNDAY 14 9:30 Simply Stretch Exercise, AR **10:30 Holy Communion with Lily Wright** **11:00 Church Service: Hope and Love Ministries, CH** 2:00 Game Time: Board Games, AR **2:30 Church Service and Communion, ABC Church, CH** **7:00 Sunday Evening Movie, TVR**	15 9:30 Stretching Exercise, AR **10:30 Story Telling, AR** 11:00 Memory Enhancement, AR 2:15 Bingo, AR 3:30 Summit Sisterhood Bible Study, LB **4:00 Soprano Choir, Atrium**	16 9:30 Strength Exercise Class, AR 10:00 Chair Yoga with Legacy, AR **10:30 Cindy with Avon for Sale, Atrium** **10:45 New Resident Welcome Social, AR** 1:30 The Closet Door Store Open, Atrium **2:00 Entertainment: Heartsong Singers, Atrium** 3:00 Bean Bag Baseball, Atrium **4:00 Entertainment: Guz Meza, Atrium**	17 9:30 Balance Boost, AR **10:30 Ethel the Therapy Dog, LB** **11:00 Lunch at Garden of the Gods Trading Post** 2:30 Memory Enhancement, TVR 3:30 Choir Practice, Atrium **6:45 Entertainment George Sisneros, Atrium**	18 9:30 Strength Exercise Class, AR **10:00 Blood Pressure Checks, AR** **10:30 Greeting Card Making with Judie Bittner, AR** 2:15 Bingo **3:15 Walking Club** **4:00 Easter Egg Hunt, AR**	**GOOD FRIDAY** **PASSOVER BEGINS AT SUNSET** 19 **9:30 Stretching Exercise, AR** **10:15 Culinary Series: Mini Easter Egg Cakes, AR** **11:00 Wii Bowling, AR** **2:00 Shopping at Target/ Safeway/Powers** **2:00 Real IT Technology with Michael Van Metre, TVR** 2:15 Cardio Drumming, AR **3:00 Pool, BR**	20 9:30 Simply Stretch Exercise, AR **10:00 Bible Study with Dennis, AR** **11:15 Pictionary, AR** **11:15 Walking Club** 2:15 Bingo, AR **7:00 Wii Bowling, AR**
EASTER 21 9:30 Simply Stretch Exercise, AR **10:30 Holy Communion with Lily Wright** **11:00 Church Service: Hope and Love Ministries, CH** 2:00 Game Time: Board Games, AR **7:00 Sunday Evening Movie, TVR**	**EARTH DAY** 22 9:30 Stretching Exercise, AR 11:00 Memory Enhancement, AR 2:15 Bingo, AR 3:30 Summit Sisterhood Bible Study, LB **4:00 Soprano Choir, Atrium**	23 9:30 Strength Exercise Class, AR **10:00 Brookdale Hospice B.P. Clinic, AR** **10:45 New Resident Welcome Social, AR** 1:30 The Closet Door Store Open, Atrium **1:45 PPLD Mobile** 3:00 Bean Bag Baseball, Atrium **4:30 Alto Choir, Atrium** **6:45 Entertainment: Skip Moore, Atrium**	24 **8:45 Boonzaaijer's Dutch Bakery** 9:30 Balance Boost, AR **10:30 Ethel the Therapy Dog, LB** **10:30 Seated Tai Chi with Alycia, AR** 2:30 Memory Enhancement, TVR 3:30 Choir Practice, Atrium	25 9:30 Strength Exercise Class, AR **10:00 Blood Pressure Checks, AR** **10:00 Chair Yoga with Legacy, AR** **11:00 Chef/Activities/ Maintenance Meeting, AR** 2:15 Bingo **3:15 Walking Club** **6:30 Birthday Celebration, DR** **6:45 Entertainment: Gordon Johnson, Atrium**	26 **9:30 Stretching Exercise, AR** **11:00 Wii Bowling, AR** **11:00 Entertainment: Story Creations with Denise Gard, Atrium** **2:00 Shopping at King Soopers/Walmart Grocery Store** 2:15 Cardio Drumming, AR **3:00 Pool, BR**	27 9:30 Simply Stretch Exercise, AR **10:00 Bible Study with Dennis, AR** **11:15 Yahtzee, AR** **11:15 Walking Club** 2:15 Bingo, AR **7:00 Wii Bowling, AR**
28 9:30 Simply Stretch Exercise, AR **10:30 Holy Communion with Lily Wright** **11:00 Church Service: Hope and Love Ministries, CH** 2:00 Game Time: Board Games, AR **7:00 Sunday Evening Movie, TVR**	29 9:30 Stretching Exercise, AR **10:30 Jog Your Memory, AR** 11:00 Memory Enhancement, AR 2:15 Bingo, AR 3:30 Summit Sisterhood Bible Study, LB **4:00 Soprano Choir, Atrium**	30 9:30 Strength Exercise Class, AR 10:00 Chair Yoga with Legacy, AR **10:30 Speaker & Demonstration: Cave of the Winds, AR** 1:30 The Closet Door Store Open, Atrium 3:00 Bean Bag Baseball, Atrium **4:30 Alto Choir, Atrium**				

Staff vs. Residents and Other Baseball Traditions

Major League Baseball Opening Day was March 28th, the earliest day in history. All 30 teams played on this day. Touch base with this look back at some ballpark traditions and our Summit Glen Staff vs. Residents Bean Bag Baseball Game!

Presidential pitches: It was 1892 when Benjamin Harrison became the first U.S. president to attend an MLB game. But in 1910, William H. Taft started the custom of sitting presidents throwing out a ceremonial first pitch.

Concession stands: Chicago's Wrigley Field, home of the Cubs, is the birthplace of permanent concession stands, which started in 1914 with a single kiosk that offered hot dogs, peanuts and popcorn.

Numbered uniforms: Dating back to 1916, teams had struck out with wearing small numbers on their uniform sleeves. Then in 1929, the New York Yankees had more visible 12-inch numbers sewn onto the backs of players' jerseys so fans could identify them. Other MLB teams followed their lead.

Organ music: The first chords of live organ music to be played at an MLB ballpark sounded out at Wrigley Field in April 1941.

Night games: On May 24, 1935, the lights were turned on for big league baseball's first night game, held at Crosley Field, then home of the Cincinnati Reds.

Foul balls: The owner of the Chicago Cubs, Charlie Weeghman, was the first team owner to allow fans to keep foul balls hit into the stands, starting in 1915. Most ballparks had ushers retrieve the balls so they could be put back into play.

In light of the approaching baseball season, Summit Glenn staff decided to challenge the residents in a game of Bean Bag Baseball. The residents gave them a run for their money but in the end, Summit Glen staff was victorious.

What Is Seated Tai Chi and What Are the Benefits?

Tai Chi is a gentle exercise that improves balance and reduces fall risk. It consists of making slow, graceful movements while breathing deeply. It's relatively easy to follow because the movements are done so slowly.

Doing Tai Chi while sitting helps older adults get the health and wellness benefits of Tai Chi without the fall risk. Seated Tai Chi is also a great exercise option for seniors with limited mobility.

Studies find that Tai Chi also improves flexibility, immune system, sleep, happiness, sense of self-worth, strength, cardiovascular endurance, concentration and more.

We had our very first Seated Tai Chi class, and it was a huge success. Please consider joining Alycia with Little London Fitness as she leads us in a class on April 24th in the Activities Room at 10:30 a.m. I promise you won't regret it!

Source: https://dailycaring.com/seated-tai-chi-for-seniors-3-simple-routines-improve-flexibility-and-well-being-video/

Bringing the World to Your Door! Virtual Reality Trip

Imagine instead of viewing a shark-infested shipwreck or a space station in photos, technology meant you actually swam and floated right through them; or being able to visit Paris at a moment's notice without having to pack a suitcase. Virtual Reality Trips provide the hardware, programs and expertise to let you take trips to places of which you have only dreamed! Groups up to 30 can visit the Pyramids of Egypt, the trails of Machu Picchu, the depths of the ocean, and even to the inside of a living cell! With over 900 destinations available to choose from, we have something to interest everyone. For more information, please check out the website: https://vrtripco.com.

Join me on Friday morning, April 5th, at 11 a.m. in the Activity Room, to experience this amazing new technology as we travel to each of the seven New Wonders of the World.

Mei-Li's Poetry Corner

April's Shower

By: Mei-Li Liu

Beneath—
The boundless blue sky
Suddenly the rain clouds
Follow my footsteps

I bathe in the fragrant
Sprawling on the foothill
Of Pike's Peak—
Nature of beauty

I love the April shower
The flowers everywhere
Wild irises, Indian
paintbrushes
And wild roses—

Before I know—
My house stands before me
I soak and refresh
I feel my spirit alive

Listen the rain water
Shoots out the rain spout
Herb seedlings sprout
At the window shelf

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