Summit Glen

GRACIOUS RETIREMENT LIVING

4825 Old Farm Drive • Colorado Springs, CO 80917 • Phone (719) 380-1409 • www.seniorlivinginstyle.com

SEPTEMBER 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	GREGG CLARK
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's Appointments

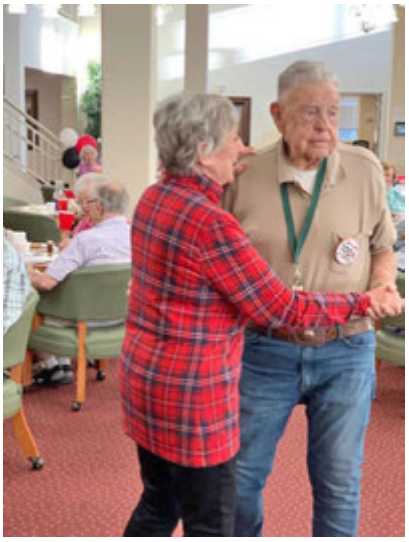
Friday, 9 a.m., 10 a.m. & 2 p.m.: Shopping

100% Party Four Years Running!

Summit Glen residents, managers, and staff celebrated their fourth year of 100% occupancy on Wednesday, July 10th. Brynn, a balloon artist, created whimsical characters, crowns, and animals for the residents. Skip Moore entertained us with music we could all sing along with and dance to. We munched on Papa John's pizza, drank soda, and enjoyed a beautiful and delicious cake. Bill Zimmerman, our regional manager, joined us for the festivities! Our wonderful managers, residents, and staff all contribute to making Summit Glen the very special place that it is. Congratulations!

(Photos continued inside)

100% Party Four Years Running!
(Continued)



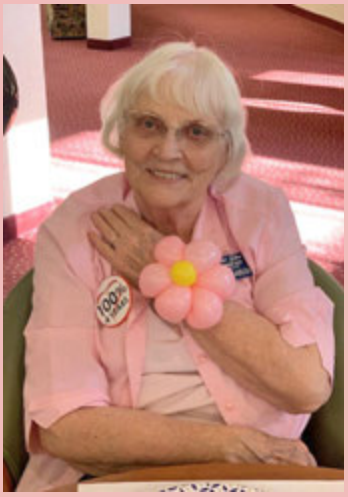
Welcome New Residents!

Five new residents and 25 established residents came to our July New Resident Welcome Social. It's a fantastic opportunity to get to know one another. While you're here, sip on a cup of coffee or tea, enjoy a doughnut, or some fresh fruit and veggies. New Resident Welcome Socials are held on the third Tuesdays at 10:45 a.m. in the Activity Room. See you there!

Carol Coats, Anna Morland, Vivian Vance, Martha Wallace, and Aleene Mills are some of our newest residents.

Spotted Around The Glen

Just look at that smile.



Joyce is pretty in pink!

Summit Glen residents get physical with class leader, Betty.

Popcorn Bar

As part of our culinary education series, we celebrated Orville Redenbacher's Birthday on July 16th with a popcorn bar. We sampled many flavors of popcorn from Cole's: caramel, caramel pecan, white cheddar, kettle, buttered, even dill pickle! Some residents chose to add toppings: garlic powder, chocolate, peanuts, Kit-Kats, and coconut provided lots of flavor options. One of our residents, Paul Morgan, knew Orville Redenbacher. Paul actually helped build Orville Redenbacher's processing plant in Princeton, Indiana! Let's do this again next year (or sooner)!

40 residents enjoyed tasting lots of different popcorn creations.

Paul Morgan

SEPTEMBER 2019

Birthdays

Carol Bayer, 4th
Ruth Douglas, 10th
Patricia Kansgen, 16th
Rose Bruce, 27th
Barbara Dieter, 27th
Claire Woudenberg, 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

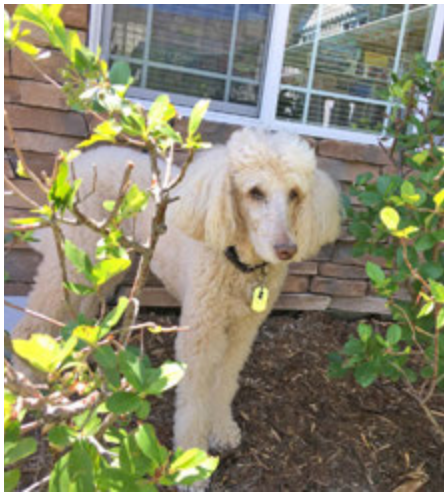
Sign up for all activities and outings in the Activity Room Sign-up Book

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 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**	**LABOR DAY** **2** 9:30 Stretching Exercise, AR **10:00 Family Trees/ Grandparents, AR** 11:00 Memory Enhancement, AR **2:00 Ceramics, BR** 2:15 Bingo, AR **2:30 Beach Ball Volleyball, Atrium**	**Don't Wear White Day** **3** 9:30 Strength Exercise Class, AR 10:00 Chair Yoga with Legacy, AR 1:30 The Closet Door Store, Atrium 2:30 Bean Bag Baseball, Atrium **5:15 Rocky Mtn. Vibes Baseball Game**	**4** 9:30 Balance Boost, AR **10:30 Ethel the Therapy Dog, LB** **11:30 Lunch/Biaggi's** 2:30 Memory Enhancement, TVR **3:00 Class: Parrots 101 (Parrot Lady), AR** 3:30 Choir Practice, Atrium	**5** 9:30 Strength Exercise Class, AR **10:00 Blood Pressure Checks, AR** **11:00 Resident/Manager Meeting, AR** 2:15 Bingo **4:00 Ent.: The Alaska Connection, Atrium** **7:00 Wii Bowling, AR**	**6** 9:00 Walmart Shopping **9:15 Stretching Exercise, AR** 10:00 Walmart Shopping **2:00 Shopping at Target/ Safeway/Powers** **3:00 Book Club Monthly Meeting, LB** **3:00 Pool, BR** **4:45 Outing to Briarfest** **6:45 Inspirational Movie Night, TVR**	**7** 9:30 Simply Stretch Exercise, AR **10:00 Bible Study with Dennis, AR** **11:15 Game Time, AR** **1:30 Mike Kelly with Golf Acres Optical, Atrium** 2:15 Bingo, AR **7:00 Wii Bowling, AR**
8 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/ Communion, ABC Church, CH** **7:00 Sunday Evening Movie, TVR**	**9** **Errand Day** 9:30 Stretching Exercise, AR **10:00 Current Events, AR** 11:00 Memory Enhancement, AR **11:45 Tracy with Paparazzi Jewelry, Atrium** **2:00 Ceramics, BR** 2:15 Bingo, AR	**10** 9:30 Strength Exercise Class, AR 10:00 Chair Yoga with Legacy, AR 1:30 The Closet Door Store, Atrium **1:45 PPLD Mobile Library** 2:30 Bean Bag Baseball, Atrium **7:00 Ent.: The Big Band, Atrium**	**PATRIOT DAY** **11** **8:30 Breakfast/Doug's** 9:30 Balance Boost, AR **10:15 Trolley Museum** **10:30 Ethel the Therapy Dog, LB** 2:30 Memory Enhancement, TVR 3:30 Choir Practice, Atrium **3:30 Jewelry Class/Rita, AR** **7:00 Ent.: Skip Moore, Atrium**	**12** 9:30 Strength Exercise Class, AR **10:00 Blood Pressure Checks, AR** 2:15 Bingo **3:30 Fashion Show Rehearsal, AR** **7:00 Wii Bowling, AR**	**13** 9:00 Walmart Shopping **9:15 Stretching Exercise, AR** 10:00 Walmart Shopping **10:30 Culinary Education: Making Applesauce, AR** **2:00 Shopping: King Soopers/ Walmart Grocery Store** **3:00 Pool, BR** **3:30 Resident Fashion Show, AR**	**14** 9:30 Simply Stretch Exercise, AR **10:00 Bible Study with Dennis, AR** **11:15 Yahtzee, AR** **11:15 Game Time, AR** 2:15 Bingo, AR **7:00 Wii Bowling, AR**
15 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**	**16** 9:30 Stretching Exercise, AR **10:00 Story Telling/ Show 'n Tell, AR** 11:00 Memory Enhancement, AR **2:00 Ceramics, BR** 2:15 Bingo, AR	**17** 9:30 Strength Exercise Class, AR 10:00 Chair Yoga with Legacy, AR **10:30 Cindy with Avon, Atrium** **10:45 New Res. Welcome Social, AR** 1:30 The Closet Door Store, Atrium **2:00 Entertainment: Heartsong Singers, Atrium** 3:00 Bean Bag Baseball, Atrium	**18** 9:30 Balance Boost, AR **10:30 Ethel the Therapy Dog, LB** **2:00 Mystery Trip** 2:30 Memory Enhancement, TVR 3:30 Choir Practice, Atrium **4:00 Entertainment: Rick Berg, Atrium** **4:50 Dinner at Edelweiss**	**19** 9:30 Strength Exercise Class, AR **10:00 Blood Pressure Checks, AR** **10:30 Greeting Card Making with Judie Bittner, AR** 2:15 Bingo **5:00 Dinner with Eat and Chat Club, AR** **7:00 Wii Bowling, AR** **7:00 Entertainment: Dave Michalicek, Piano, Atrium**	**20** 9:00 Walmart Shopping **9:15 Stretching Exercise, AR** 10:00 Walmart Shopping **11:00 Adult Coloring, AR** **2:00 Shopping at Target/ Safeway/Powers** **3:00 Pool, BR** **3:30 Real IT Technology, TVR** **4:00 Entertainment: The Starlighters, Atrium**	**21** 9:30 Simply Stretch Exercise, AR **10:00 Bible Study with Dennis, AR** **11:15 Game Time, AR** 2:15 Bingo, AR **7:00 Wii Bowling, AR**
22 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 **2:00 Entertainment: Hymns with Kelley and Scott, Atrium** **7:00 Sunday Evening Movie, TVR**	**AUTUMN BEGINS** **23** 9:30 Stretching Exercise, AR **10:00 Sharing Favorite Fall Memories, AR** 11:00 Memory Enhancement, AR **2:00 Ceramics, BR** 2:15 Bingo, AR	**24** 9:30 Strength Exercise Class, AR 10:00 Chair Yoga with Legacy, AR 1:30 The Closet Door Store, Atrium **1:45 PPLD Mobile Library** 2:30 Bean Bag Baseball, Atrium	**9:25 Seated Tai Chi, AR** **25** 9:30 Balance Boost, AR **10:30 Ethel the Therapy Dog, LB** **11:30 Lunch at Mi Mexico** 2:30 Memory Enhancement, TVR 3:30 Choir Practice, Atrium	**26** 9:30 Strength Exercise Class, AR **10:00 Blood Pressure Checks, AR** **11:00 Chef/Activities/ Maintenance Meeting, AR** 2:15 Bingo **7:00 Wii Bowling, AR** **7:00 Entertainment: Miles Pike, Gospel, Atrium**	**27** 9:00 Walmart Shopping **9:00 Flu Shot Clinic, AR** **9:15 Stretching Exercise, AR** 10:00 Walmart Shopping **2:00 Shopping: King Soopers/ Walmart Grocery Store** **3:00 Pool, BR** **3:30 Monthly Birthday Celebration, Atrium** **4:00 Entertainment: Tom Munch, Atrium**	**28** 9:30 Simply Stretch Exercise, AR **10:00 Bible Study with Dennis, AR** **11:15 Yahtzee, AR** **11:15 Game Time, AR** 2:15 Bingo, AR **7:00 Wii Bowling, AR**
ROSH HASHANAH BEGINS AT SUNSET **29** 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**	**30** 9:30 Stretching Exercise, AR **10:00 Jog Your Memory, AR** 11:00 Memory Enhancement, AR **2:00 Ceramics, BR** 2:15 Bingo, AR					

Ethel, The Therapy Dog

Hi everyone,



I often hear my handlers tell of interesting experiences with pets who have lived with them and of which I've heard them fondly talk. They lived in many places during their careers in the United States Air Force and their respective careers in education. They included many pets for much of their married life of 62+ years, and with few exceptions, allowed these pets to creep into their hearts as they become active members of the family. One turned out to be a very special pet.

My female handler had always wanted a poodle, so they went to see a "poodle" litter that had been advertised in the paper. As they arrived, there stood the mother of the litter who was most certainly a beautiful poodle. They studied the litter carefully and finally selected one of the pups. They headed home to begin what would become a wonderful experience with a new member of the family — for the most part. A name was chosen for the new poodle; how much more French could it get than "Pierre?" Responsible care giving of canines, and all pets for that matter, begins with establishing a trusting relationship with a veterinarian. On the first visit to the vet, my handlers proudly announced with a slight element of doubt, that they wanted their poodle puppy examined and for the required shots to be administered. They naturally wanted Pierre to grow healthy and to be properly socialized with humans and other animals. As the vet finalized his examination and had given him his required shots, he announced, "Lady, this is no poodle."

My handlers had had their suspicions about Pierre's father and now, the vet's announcement confirmed that he was NOT a poodle. There was some disappointment, but it was too late to return him to his original home — Pierre had very cleverly worked his way into their hearts and become a loving part of the family. The "non-poodle" became a marvelous pet, well-liked and enjoyed by family and friends. It was pleasurable to have him around and his personality led to some interesting episodes that became fun topics of conversation.

One of the many experiences with which he blessed his handlers was this: Pierre would sleep at night at the top of the uncarpeted stairs. The first time he rolled over and tumbled down the steps, they jumped out of bed to see what caused the racket, expecting to respond to an emergency. When they arrived at the stairs, Pierre was climbing back up the steps, uninjured, to complete his night's sleep. It didn't seem to bother him much because this became a common occurrence. My handlers adapted!

Wondering: If the professor on "Gilligan's Island" can make a radio out of a coconut, why can't he fix a hole in a boat?

Mei-Li's Corner

Running Along the Railroad Tracks

By: Mei-Li Liu

Running along the railroad tracks
Who builds these railroad tracks?
On the riverbank
From the north to the south
The countless miles

I lie down on the tracks
Look-up the blue sky
Sun beams on my face
Feel the gentle breeze
Touching my skin

It seems not long ago
I hop on the railroad tracks
There, two Chinamen
From their old country
They came to America

With their simplified life
Pigtails moving freely
Young and strong-arms
With their copper hands
Sweat beads on their foreheads
They have worked on the railroad tracks

Culinary Education: Welcome Back-to-School and Sharper Minds

September marks the beginning of the school year for many kids. From brain games and physical exercise to nutritious foods for brain power, we are going to take a look at ways we can keep our brains and bodies in good shape.

The brain is a muscle and the more we use it, the stronger it becomes. Memory enhancement exercises build your cognitive reserve (memory). We offer two memory enhancement classes per week; one on Mondays at 11 a.m. in the activity room and the second on Wednesdays at 2:30 p.m. in the TV room. Come join us for one or both. We have a lot of fun while working this important muscle.

Physical exercise affects the brain in multiple ways, too. Exercise increases the heart rate which pumps more oxygen to the brain. Additionally, it releases hormones which aid in and provide a nourishing environment for the growth of brain cells. We offer instructor-led stretch, strength, and balance exercise classes every weekday morning (videos available on the weekend). We also offer seated tai chi and yoga.

You probably know that eating a well-balanced diet improves cardiovascular health, lowers one's risk of diabetes, as well as lowering the risk of clinical depression. Have you considered the role that nutrition plays in our brain power? If not, read on.

Antioxidants increase blood flow to the brain. They can be found in kale, berries, beets, broccoli, red bell peppers, oranges, apples, cherries, onions, and dark chocolate.

Omega-3 fatty acids help prevent memory loss and depression. They are found in salmon, trout, sardines, tuna, whitefish, almonds, avocados, walnuts, and flaxseeds, among other things.

Dark green, leafy vegetables, such as kale, spinach, and collard greens aid in faster information processing and memory recall.

We've all heard it time and again: drink water. Not only can you become dehydrated and cause physical problems, dehydration can have a negative impact on mental acuity.

Eat more healthy foods! Each day we should consume at least five servings of fruits and vegetables. If this seems like a lot, try adding a fruit at breakfast, a salad and vegetable at lunch, another salad or veggie at dinner, and a fruit snack.

As fall approaches and our thoughts turn to the cooler weather, let's make applesauce on Friday, September 13th at 10:30 a.m. in the Activity Room. Here's to your healthy brain and body!

Speaking of School ...

- A college student called his father to ask how his weekend had gone. "Light, dark, light, dark, Monday," he replied.
- Did you hear about the mathematician who was afraid of negative numbers? He would stop at nothing to avoid them.

"The Wedding Dress" By Jan Lyle

With tissue laid in careful place
On fabric, lining, interface,
I'll mark and notch, pin and tack
Then virgin stitch on front and back.
With flat-felled seams completely met,
Collar turned and sleeves inset,
I'll gather up my precious ware
For it will be unique and rare.
And I will wear it silken new,
And I will wear it just for you,
And I will keep it in loving fold,
And I will keep it 'til we're old.

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