Summit Glen

GRACIOUS RETIREMENT LIVING

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AUGUST 2020

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
Bus Driver	ELDEN STROMER
Bus Driver	MICHAEL LUNDY
Lead Housekeeper	BERNICE MCCOY

TRANSPORTATION

Monday, First Monday of the month at 9:30 a.m. and 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

Resident Spotlight

In March, I began asking residents for their life "stories." As I receive them, we are compiling them into binders so that others may enjoy them. I have featured two of these stories in newsletters so far: Vivian Vance and Alice Woollums. While some of the stories are too lengthy for a newsletter, each one is interesting. It tells about the life of one of your friends or neighbors. I encourage you to stop by the Activity Room and read these tales. They are entertaining and you may make some new friends. Everyone has a story to tell. If you haven't already done so, won't you share yours? This month: Elizabeth Roberts.

Elizabeth Roberts

I have to start out with my parents because it makes a difference.

My dad was born in Burlington, Colorado. His parents came from Massena, New York. They came to homestead in Burlington. My father and family moved to Colorado Springs after they had fulfilled their homestead agreement. My father was in junior high. My mother was orphaned at the age of 9. She had family in Pueblo, Colorado, and here, in Colorado Springs, so she spent a lot of time here. My parents met and then married in Pueblo.

(Continued inside.)

Resident Spotlight (Continued)

A lot of my mother's family had moved to the Pasadena, California area, and so did my parents. They had been married for about six years before I was born in Pasadena. The war started and they decided to move back to Colorado Springs. I wasn't even a year old yet. So, I've always said I'm a native of Colorado Springs. Why not? Both of my parents are from here.

I was raised in Knob Hill and attended all District 11 schools. Since I was an only child, I was pretty spoiled, you might say. I was about 12 years old when my parents bought me a horse. I went everywhere in town on my horse. I belonged to the Kit Carson Riding Club. I was in a parade and got to ride in the Grand Entry at the Pikes Peak or Bust Rodeo. Life was good.

I married and had three children; I loved being a mom. I helped with Girl Scouts, Boy Scouts, and I coached Bobby Sox Softball for several years. My second son had a horse. We, as a family, belonged to the Fountain Riding and Roping Club.

My husband wasn't around much, so I learned to tow the horse trailer. My oldest son was on a swimming team at Harrison High School. He lettered three years in a row. My son with the horse belonged to the rodeo club at Harrison, so I was quite busy going here and there. All three of my children played in the school band. My second son learned to play a full set of drums. He turned out to be a good drummer. My daughter was the youngest. When she was in the 6th grade, the principal asked me if I'd like to come to work as a teacher's aide, so I did. I worked at Stratton Meadows Elementary in Harrison School District.

I canned and baked. On the Fourth of July, the riding club would have a big potluck. I would bake rhubarb pies. The old farmers loved that.

Then, after 20 years of marriage, I was divorced. You might think I was too busy with my kids to spend any time with my husband. No! He liked his booze and other women. He did from the moment we were married.

Words of Wisdom

"The older you get, the more you realize that kindness is synonymous with happiness." — *Lionel Barrymore*

Whether you've never read this or have read it many times, it bears repeating.

"All I Really Need to Know I Learned in Kindergarten" by Robert Fulghum

1. Share everything.
2. Play fair.
3. Don't hit people.
4. Put things back where you found them.
5. Clean up your own mess.
6. Don't take things that aren't yours.
7. Say you're sorry when you hurt somebody.
8. Wash your hands before you eat.
9. Flush.
10. Warm cookies and cold milk are good for you.
11. Live a balanced life — learn some and drink some and draw some and paint some and sing and dance and play and work every day some.
12. Take a nap every afternoon.
13. When you go out into the world, watch out for traffic, hold hands and stick together.
14. Be aware of wonder. Remember the little seed in the Styrofoam cup: The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.
15. Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup — they all die. So do we.
16. And then remember the Dick-and-Jane books and the first word you learned — the biggest word of all — "Look."

Resident Corner

“Yearning”
by Mei-Li Liu

By the French door,
the Persian cat walks
on the parquet floor into the parlor.
A young English woman
sits in the velvet armchair
waiting for her beloved brother to visit.

“Gigi!” her soft voice calls out to her cat,
Joseph is coming today, as the cat seems
to know, she is longing someone to visit,
especially her brother.

The cat threads through the legs of armchair,
its soft, fluffy tail brushing by woman’s legs
as it is purring to be held for attention.

Her dress is perfection like a model on stage.
A long, velvet scarlet gown with low cut neckline,
she wears a chain of pearls encircling her long neck,
on her back is bare.

Elegant on her, she has been melancholy, upswing
also some years ago, her heart has been stained
and broken from her lover.
This is the day at this moment, she is
happy and yearning to see her brother’s arrival.

She calls to her servant,
Sophia! but her soft voice uneven
like she has been foreseen something before her.

Sometimes, she sleepwalks at midnight
wandering by the French door,
seeing the sleet outside falling in the winter night,
out of spirits like the death had haunted her.

Sometimes, in the summer,
she wears the white dress,
she wanders out in the garden,
talking to the birds,
picking the bunch of the nosegay,
putting them in the Oriental vase
on the mahogany table by the sofa.

Now, she waits, and waits,
but her brother does not come.
She calls, and calls to her servant
but Sophia does not come.

“Is It Hot Enough for You?”
This was written by Ginnie Voelker.

If summer lingers hot and dry
for longer than you like it
and if your brow turns wet and glows,
Just grab a towel and wipe it!

Irony

What’s ironic about “A Charlie Brown Christmas”?

Every year ABC cuts down “A Charlie Brown Christmas” — a movie about the over-commercialization of the holidays — to make room for more commercials.

What’s ironic about McDonald’s?

In one of the more hilarious examples of irony, McDonald’s employee health page, which is now shut down, once warned against eating McDonald’s burgers and fries.

What’s ironic about Charlie Chaplin?

He once entered a “Charlie Chaplin Walk” contest ... and came in 20th.

AUGUST 2020

Birthdays

Judith White, 2nd
Tootsie Tenney, 2nd
Ed Melroy, 6th
Jan Lyle, 9th
Shirley Zaebst, 10th
Daina Yost, 11th
Cleo Morris, 12th
Mary Bergstrom, 13th
Dick Yost, 14th
Roy Srock, 16th
Carolyn Colson, 18th
Joyce Hillabush, 18th
Faye Padgett, 20th
Nancy Borkert, 22nd
Chuck Woudenberg, 22nd
Wally Ritter, 23rd
Adilene Jensen, 29th
Betty Enderson, 31st

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 **10:00 Saturday Morning Movie, AR** 2:00 Bingo, AR 3:30 Bingo, AR **7:00 Wii Bowling, AR** **7:00 Saturday Night Movie, TVR**
2 9:30 Simply Stretch Exercise, AR **2:00 Sunday Afternoon Movie, TVR** **2:00 Farkle, AR** **7:00 Sunday Evening Movie, TVR** 7:00 Zingo, AR	3 **Errand Day — 9:30 a.m. & 2 p.m.** 9:30 Stretching Exercise, AR **10:15 Writing Group, LB** 11:00 Memory Enhancement, AR 2:00 Bingo, AR 3:30 Bingo, AR **3:30 Afternoon Stroll**	4 9:30 Strength Exercise Class, AR 10:00 Chair Yoga/Legacy, AR **10:30 Morning March Around Building** 2:30 Bean Bag Baseball, Atrium **3:45 Read Aloud with Barbara, LB**	5 9:30 Balance Boost, AR **9:45 Mountain Drive** **10:15 Adult Coloring, AR** **2:30 Memory Enhancement, TVR** **2:30 Memory Enhancement, AR** **7:00 Golf, BL**	6 9:30 Strength Exercise Class, AR **10:00 Blood Pressure Checks, AR** **10:30 Balloon Volleyball, Atrium** 2:00 Bingo 3:30 Bingo, AR **7:00 Wii Bowling, AR**	7 9:00 Walmart Shopping **9:30 Stretching Exercise, AR** 10:00 Walmart Shopping **10:15 Adult Coloring, AR** **2:00 Shopping: Target/ Safeway/Powers** **3:00 Book Club Monthly Mtg., LB** **3:00 Pool, BR**	8 9:30 Simply Stretch Exercise, AR **10:00 Saturday Morning Movie, AR** 2:00 Bingo, AR 3:30 Bingo, AR **7:00 Wii Bowling, AR** **7:00 Saturday Night Movie, TVR**
9 9:30 Simply Stretch Exercise, AR **2:00 Sunday Afternoon Movie, TVR** **2:00 Farkle, AR** **7:00 Sunday Evening Movie, TVR** 7:00 Zingo, AR	10 **Afternoon Tea Week** 9:30 Stretching Exercise, AR **10:15 Current Events, AR** 11:00 Memory Enhancement, AR **2:00 Bingo with Iced Tea, AR** 3:30 Bingo, AR **3:30 Afternoon Stroll**	11 9:30 Strength Exercise Class, AR 10:00 Chair Yoga/Legacy, AR **10:30 Morning March Around Building** 2:30 Bean Bag Baseball, Atrium **3:45 Read Aloud with Barbara and Tea, LB**	12 9:30 Balance Boost, AR **10:15 Adult Coloring, AR** **10:30 Wendy, The Friendly Dog, LB** **11:15 Outing/Lunch: Village Green Park** **2:30 Memory Enhancement, TVR** **2:30 Memory Enhancement, AR** **7:00 Golf, BL**	13 9:30 Strength Exercise Class, AR **10:00 Blood Pressure Checks, AR** **10:30 Balloon Volleyball, Atrium** 2:00 Bingo 3:30 Bingo, AR **7:00 Wii Bowling, AR**	14 9:00 Walmart Shopping **9:30 Stretching Exercise, AR** 10:00 Walmart Shopping **10:15 Adult Coloring, AR** **2:00 Shopping: King Soopers/Walmart Grocery Store** **3:00 Pool, BR**	15 9:30 Simply Stretch Exercise, AR **10:00 Saturday Morning Movie, AR** 2:00 Bingo, AR 3:30 Bingo, AR **7:00 Wii Bowling, AR** **7:00 Saturday Night Movie, TVR**
16 9:30 Simply Stretch Exercise, AR **2:00 Sunday Afternoon Movie, TVR** **2:00 Farkle, AR** **7:00 Sunday Evening Movie, TVR** 7:00 Zingo, AR	17 **State Fair Week** 9:30 Stretching Exercise, AR **10:15 Storytelling/Show 'n' Tell, AR** 11:00 Memory Enhancement, AR 2:00 Bingo, AR 3:30 Bingo, AR **3:30 Afternoon Stroll**	18 9:30 Strength Exercise Class, AR 10:00 Chair Yoga/Legacy, AR **10:30 Morning March Around Building** **11:00 Cupcake Walk, Atrium** 1:30 The Closet Door Store, Atrium **2:00 Craft: Making Fans, AR** 2:30 Bean Bag Baseball, Atrium **3:45 Read Aloud with Barbara, LB**	19 9:30 Balance Boost, AR **10:15 Adult Coloring, AR** **11:15 Outing/Lunch: North Cheyenne Canyon Park** **2:00 Grab 'n' Go Kettle Corn, AR** **2:30 Memory Enhancement, TVR** **2:30 Memory Enhancement, AR** **3:30 Charades, Atrium** **7:00 Golf, BL**	20 9:30 Strength Exercise Class, AR **10:00 Blood Pressure Checks, AR** **10:30 Balloon Volleyball, Atrium** 2:00 Bingo **3:00 Hymns with Faye, Atrium** 3:30 Bingo, AR **7:00 Wii Bowling, AR**	21 9:00 Walmart Shopping **9:30 Stretching Exercise, AR** 10:00 Walmart Shopping **10:15 Adult Coloring, AR** **2:00 Shopping: Target/ Safeway/Powers** **2:15 Water Balloon Splatter Painting, BL** **3:00 Pool, BR**	22 9:30 Simply Stretch Exercise, AR **10:00 Saturday Morning Movie, AR** 2:00 Bingo, AR 3:30 Bingo, AR **7:00 Wii Bowling, AR** **7:00 Saturday Night Movie, TVR**
23 9:30 Simply Stretch Exercise, AR **2:00 Sunday Afternoon Movie, TVR** **2:00 Farkle, AR** **7:00 Sunday Evening Movie, TVR** 7:00 Zingo, AR	24 9:30 Stretching Exercise, AR 11:00 Memory Enhancement, AR 2:00 Bingo, AR 3:30 Bingo, AR **3:30 Afternoon Stroll**	25 9:30 Strength Exercise Class, AR 10:00 Chair Yoga/Legacy, AR **10:30 Morning March Around Building** 2:30 Bean Bag Baseball, Atrium **3:45 Read Aloud with Barbara, LB**	26 9:30 Balance Boost, AR **10:15 Adult Coloring, AR** **10:30 Wendy, The Friendly Dog, LB** **10:30 Outing: Red Rock Canyon Open Space/Ice Cream** **2:30 Memory Enhancement, TVR** **2:30 Memory Enhancement, AR** **7:00 Golf, BL**	27 9:30 Strength Exercise Class, AR **10:00 Blood Pressure Checks, AR** **10:30 Balloon Volleyball, Atrium** **11:00 Chef/Activities/ Maintenance Meeting, AR** 2:00 Bingo 3:30 Bingo, AR **7:00 Wii Bowling, AR**	28 9:00 Walmart Shopping **9:30 Stretching Exercise, AR** 10:00 Walmart Shopping **10:15 Adult Coloring, AR** **2:00 Shopping: King Soopers/Walmart Grocery Store** **3:00 Pool, BR**	29 9:30 Simply Stretch Exercise, AR **10:00 Saturday Morning Movie, AR** 2:00 Bingo, AR 3:30 Bingo, AR **7:00 Wii Bowling, AR** **7:00 Saturday Night Movie, TVR**
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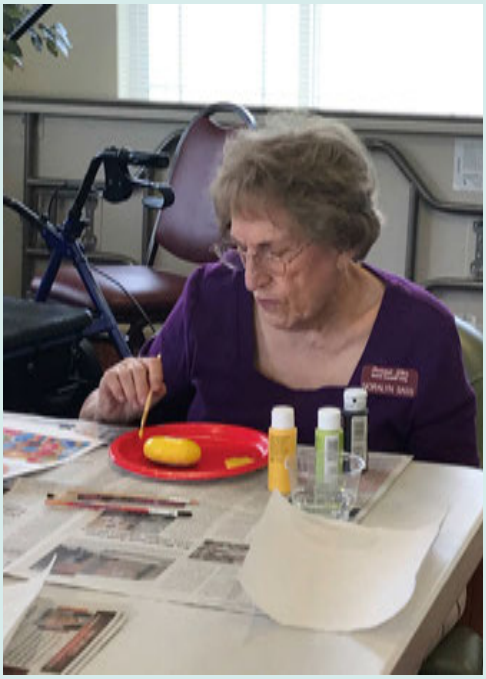
Around the Glen

Summer is in full-swing here at Summit Glen. With temperatures soaring into the 90s, we are looking for cool activities both inside and out. Painting rocks was a favorite for many residents. We celebrated Father's Day week with fishy activities, classic car trivia, and horseshoes (inside due to the rain). We've played charades, croquet, traveled to parks for lunch in nature, found a nest inside one of our hanging plants (the mother is still attending it), had some fun with colorful characters day, and welcomed back Kelley and Scott Vaughn as Assistant Managers! No wonder things are heating up!



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EQUAL HOUSING OPPORTUNITY

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