

March 2019

Connie's CORNER

Hello,

We are excited to bring you the **first Kavod Assisted Living Voice**, a monthly newsletter for Kavod Assisted Living Residents! Feel free to give me your feedback and ideas for upcoming newsletters.

I encourage you to find a trip, class or activity this month and enjoy all that Kavod has to offer!
Be Happy, Healthy and Active!

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Resident Spotlight

Longtime resident Joel Ferber has lived at Kavod for 12 years, 11 years in Senior Living and over one year in Assisted Living. He's been an active volunteer selling Bread & Pastry's at the former weekly sale and running the gift shop. Active with Wii bowling since its inception more than half a dozen years ago, he also enjoys bowling with young adults. He's especially proud of the Kavod team winning the National Wii Championship in 2014.

Born in the Bronx, New York, Joel retired from the VA hospital after 30 years of service. He came to Denver to live in 2005 to be near his sister and brother-in-law. "I love it here," he says of Assisted Living. "I don't have to do anything! They wash my clothes, clean my apartment, make my bed and cook all my meals." Joel's hobbies include bingo, visits to the casino to play the slot machines, collecting movie books – and had over 500 of them at one time – and working word puzzles.

Welcome New Residents

Lenora "Nori" Silverman - 312 West Building
Gwen Hinz - 203 West Building

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AL Resident Council Meeting Minutes –

January 25, 2019

Procedural Updates:

Fire Drill Review: In the event of a fire alarm, residents should do the following:

1. If in your apartment: Stay within the apartment. The doors are fire resistant. Staff will inform you of the status of the drill.
2. If outside of your apartment: Should report to the AL dining room. The doors surrounding the dining room area are fire resistant and will close automatically when the alarm sounds.

Updates:

- Resident Council meetings will be the 4th Friday in January, April, July, and October.
- Discussed Active Shooter/Emergency procedures while in the dining room.

Activities:

- Assisted Living VOICE – Beginning in February/March we will begin distributing a VOICE that is specifically designed for AL residents. This will eliminate the confusion that has been reported from the current IL version with AL calendar.

Several residents have requested they receive both versions.

Food Services:

- Food Committee Meeting change: Scheduled for the first Tuesday of every month. I encourage all residents to attend and share their ideas/thoughts surrounding our Food Program.

Maintenance:

No updates at this time.

Next Resident Council meeting will be in APRIL.

In addition, all Assisted Living residents are encouraged to attend the Senior Living Resident Council which occurs the first Thursday of every month at 2pm. *Reminder that residents can meet independently for resident council at any time.*****

AL Food Committee Minutes February 5, 2019

Discussion Topics

General Feedback:

1. Enjoy the staff, servers and cooks. (Multiple residents)
2. Breakfast meal is not hot enough. (1 resident). Several other residents stated it was at the perfect temperature.
3. Vegetable pasta soup is mostly pasta... would like more vegetables.

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4. Noticed the soup and other food items are hotter. This was notable since last Saturday.
5. Vegetarian menu is good.

New Recommendations:

1. Serving size is too large. Can we offer smaller portions?
2. Would like to have cranberry sauce available for the turkey sandwiches.
3. French Dip sandwiches added to menu.
4. Can we add more Chinese food to menu?
5. Can we add more broccoli, spinach and tomato soup?
6. Can we send silverware up when a meal is delivered?

Action Items:

1. Smaller portion sizes. How can we accomplish?
2. Identify if recommendations are something that can be accommodated. Identify timeline of each item.
3. Procedure for sending silverware with meal deliveries.

Update from previous months

Committee Meeting:

1. Makhammet has increased presence in dining room to supervise process.
2. New steam table installed last week. (Feedback matches the timing of food being warmer.)

Next Food Committee meeting will be March 5.



AL March Birthday Celebrations!

Ida Cole
Sharon Knight
Jean Fogg
Lenny Silverman
Myrt Sidman
Anna Fine
Malcolm Baroway
Xingbin Huang

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Emma's Emigos Fridays, March 1 & 15 12:15 pm (Every 1st & 3rd Friday)

All AL residents are welcome. Enjoy a variety of activities including discussions, games and crafts. It's a great way to get to know new residents.



Friday, March 1 12:30 pm HWC/Pikes Peak Extravaganza Flower Art Workshop

Have fun while learning to create festive, colorful, multi-layered tissue paper flowers with Denver Hospice/Optio Palliative liaisons Sara Nagy and Rachel Martinez. You will leave with a beautiful piece of art. Don't let the tissue paper fool you. You are going to be wowed by the flowers we create together.



Monday, March 4 12:30 pm - GR Coloring with Grace

Don't miss out on the opportunity to use imaginative coloring books with fun objects and patterns to color. You'll wow your friends and neighbors with your coloring skill.



Tuesday, March 5 12:15 pm - GR **AL Food Committee**

Plan to attend the monthly AL Food Committee meeting to share your thoughts and ideas about food at Kavod.



Wednesday, March 6 5:30 pm - GR **Painting & Wine with Polly**

Enjoy a lovely afternoon of painting and a great glass of wine! Polly is a professional instructor and will be here to make sure you have a wonderful experience. All materials will be supplied. Come and join in on the fun!

Black-eyed Pea[®] COLORADO

Wednesday, March 6 11 am - trip **Blackeyed Pea lunch trip**

Don't miss a chance to have homestyle cooking. Blackeyed Pea has a reputation in Colorado for the best home cooked meal away from home.

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Super Target Shopping trip

Friday, March 8, 1:30 pm

Join other Assisted Living residents on a trip to Target to purchase a variety of products. Depart at **1:30 pm** in front of **West Building**



Chicken Soup for the Soul

Thursdays, March 14 & March 28

12:30 pm – Gathering Room

If you like listening to stories that touch the heart, this is the activity for you. You're sure to enjoy the lively discussions as well.



Sunday, March 17

11:45 am – trip

Murder at an Irish Wake at the Adams Mystery Theatre

Mr. Limerick has died and we are there for his wake, with singing and dancing and lots of Irish merry-making. But, things take a turn for the worse in the middle of the wake, and the next thing you know, you're solving a crime!



Tuesday, March 19

4:00 pm - trip

Longhorn Steakhouse Restaurant

The Longhorn Steakhouse offers a wide menu selection to include steaks, chicken and ribs, plus mouth-watering sides.



Wednesday, March 20

12:15 pm - Gathering Room

Jazz Trio

Don't miss hearing this talented jazz trio that plays all your favorite standards and more.

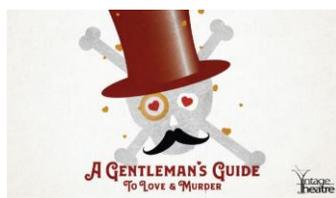


Thursday, March 21

6 pm - GR

Movie Night with Susan

Watch fun and inspiring movies that you will remember for a lifetime. Popcorn is served.



Sunday, March 24

1 pm — van trip

Gentlemen's Guide to Love & Murder at the Vintage Theater

Enjoy a fun afternoon of live theatre watching this Tony Award-winning Musical Comedy! Can Monty Navarro balance his fiancée, his girlfriend and still slay his way to his place as the ninth Earl of Highhurst?

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NEW

**Sunday, March 24
3 pm – GR**

Community Fun & Games

Join young adults for an afternoon of board games, conversation and fun! We will meet in the Gathering Room monthly on the fourth Sunday from 3 – 4:30 pm. This is a great way to meet new friends from the community and Kavod.

SINGALONG *All Together Now*

Tuesday, March 26

12:15 pm – Gathering Room

Sing Along with Tory

Join your friends and neighbors for a fun afternoon of songs with Tory Leviton. Tory will play the piano and provide sheet music for your enjoyment.



Arvada Center Music Program with Calvin

Wednesday, March 27

12:15 pm – Gathering Room

Join your friends and neighbors for a fun-filled hour of music and fun. Calvin provides entertainment that will make you smile.



Don Garcia Music Hour

Thursday, March 28

12:30 pm – Gathering Room

Join us for an hour of crooner music from the talented Don Garcia. You'll return again and again to enjoy the music.



Sunday, March 31

10 am – Gathering Room

Springtime Crafts with Temple Emanuel

Join us for a morning of crafts and conversation with teens from Temple Emanuel. Jump into Spring with fun, color and creativity!

Remember that you do not need to bring any money for these trips, other than the shopping trip.

If you want to attend the trips, please sign up in advance with Syril.

Staff Spotlight



Kalkidan Worku

Kal joined our Assisted Living team in August of 2014. Kal currently works as a Care Partner on Friday, Saturday and Monday from 6:30 am – 3 pm.

Words from Kal:

Hi! My name is Kal. I am from Ethiopia. I moved to the United States in 2009. I am married and I have two kids. One of my favorite things is to read the bible for my kids.

Assisted Living

Care Partner – Medications

303-598-3573

Care Partner – ADL Assistance

303-304-5525

Assisted Living Schedulers – Cyril Newman/Rachel Wilrye

720-382-7826

Emma Gift – Resident Care Coordinator

720-382-7837

Sara Diaz – Wellness Coordinator

720-382-7824

Jennifer Grant – Director of Assisted Living

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