

February 2020

## Connie's CORNER



Hello,

***Congratulations to all of you in the graduating class of 2019! The Kavod Academy of Lifelong Learning*** launched in January 2012 and remains strong today. **All** classes at Kavod are part of the academy and credits are earned every time you participate in a program, activity or trip. All are open to residents and non-residents, and emphasize the improvement of body, mind and spirit. In 2019, over 13,000 class hours were tracked! Join us for graduation on February 9 at 4 pm in the Elaine Wolf Dining Room. Music and light refreshments provided.

**Connie Moore**  
**Director of Life Enrichment**  
**Kavod Senior Life**  
**22 South Adams Street**  
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## Resident Spotlight

### A.S.

A. grew up in a suburb of Chicago called Highland Park, then moved to Colorado in 1974. After graduating from Metro State, she spent her career working in human services, including time as a social worker in an Alzheimer's care home. She even spent a year working and living in New South Wales, Australia!

A. sang and played guitar and banjo in a band that performed around Denver – they called themselves “Stone Soup.” She is looking forward to picking up the guitar again. She is proud of her four adventurous children, and 10 wonderful grandchildren.



### Music and Memory

**Assisted Residents are invited to attend Music and Memory sessions each Thursday from 12:30-1:30 pm in the Health and Wellness Center/Pikes Peak.**

Why is music important to you? Come listen to and discuss your favorite music one-on-one with a student partner. Beyond enjoying your personalized playlist, we also listen to a variety of music together as a group, karaoke, musical games and special live music entertainers.

## Welcome New Resident

## **Fall Safety**

Falls are one of the main causes of older adults losing their independence. Taking a proactive stance against falls is the best way to prevent these potential life-altering events. Being proactive is the best way to prevent a fall. Below is a list of questions to ask yourself about your apartment setup and some helpful hints surrounding how to ensure safety in your home.

### **Ensuring Safety at Home:**

#### **Is it difficult to stand during a shower?**

If yes, a shower seat allows you to shower without getting tired or risking a fall. It can also eliminate bending to wash feet or shave legs. Assistance with showering is also available through the Assisted Living Program. The Care Partners would be happy to assist you.

#### **Ensure you have proper lighting and use the grab bars in the bathroom.**

Remember to turn on lights when moving about your apartment. Kavod will replace any burnt out light bulbs you have—report them to your care partner or contact Syril at 720.382.7826 immediately for replacement.

Use the grab bars in the bathroom when the floor is wet or when you stand up to help get/maintain your balance.

#### **Is the path from the bedroom to the bathroom dark?**

Install nightlights in the outlets and let them light your way.

#### **Are the things you use often on high shelves?**

Move items around in your cupboards. Keep things you use often on the lower shelves. Avoid putting heavy items on shelves where you have to reach up.

#### **Is there clutter (clothes, newspapers, books, etc) on the floor?**

Be sure to pick up clutter off the floors to reduce the chances of tripping. Having clear paths and walkways significantly decreases the risk of tripping. If you are having difficulty with this, please see Emma or Jennifer for assistance.

**Are chairs and couches low to the ground?** If yes, consider higher chairs and armrests as they are helpful when getting in and out of the sitting position.

**Have you fallen before? Were you injured when you fell?** People who have fallen before are more likely to fall again. What factors were involved during your last fall? Have these factors been resolved? If not, speak with Emma to discuss a fall prevention action plan.

#### **Do you take four or more medications?**

Certain medications can increase your chance of falling because of side effects such as dizziness, confusion and low blood pressure. Have your doctor review all of your medications, including supplements and over the counter routinely to limit the risk.

**Ask your doctor to routinely review your medications.** Many medications have side effects that can increase your risk of falling. Having your primary physician check your prescriptions can

## **FEBRUARY 2020 Kavod Assisted Living Trips & Programs**

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help identify these risks before a fall occurs. Contact Sara if you have any questions about your medications (both prescribed and over-the-counter), the side effects or if you'd like your medications reviewed.

**Have you experienced hearing or vision loss?** Vision and Hearing both play an important role in maintaining balance and spatial orientation. If you have noticed a change in either your hearing or vision, follow up with doctor to see what options are available to you.

**Has your hand strength decreased?** Decreased hand strength can put you at greater risk for falling because you may have difficulty catching yourself or carrying objects safely. Avoid carrying things in your hands and talk to your health care provider about strength training for your hands.

**Begin an exercise program to improve your leg strength and balance.** Kavod offers exercise programs daily, such as yoga and Fitness Fun. If you do not enjoy group exercise activities, you can find exercise equipment in the Health and Wellness Center available for use 24-hours a day.

On site physical therapists (through Legacy Healthcare) offer several educational courses per month. They also provide physical, occupational and speech therapy. Please see Emma or Jennifer immediately if you feel you are at risk of falling and would like to access these services.

**Drink plenty of water.** Colorado's dry climate can lead to dehydration which

increases the risk of falling. Drinking at least 8 glasses of water per day helps to keep you hydrated. As another benefit, water helps keep our skin and hair from the damage that is caused from living in a dry climate. It is a win-win!

**Get an annual eye check-up and update your glasses.** Being able to see items clearly and at the right depth is a key factor to decreasing our fall risk.

**Trip hazards.** Kavod Assisted Living provides general housekeeping weekly. Whenever the housekeepers and care partners enter your apartment, they look for potential safety hazards and report these hazards to Jennifer. For those residents who perform their own housekeeping, please be sure to keep all items off the floor and properly stored. Your apartment will be audited routinely to ensure proper safety habits and lease requirements are observed. If you require assistance with organization, please contact Jennifer or Emma.

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### ***AL Happenings this month***

**Sunday, February 2**

**5:15 pm – Gathering Room**

Join Connie Moore, Director of Life Enrichment and bring your ideas for new classes and trips! Hear about all of the exciting events and trips for the month and upcoming months!

### ***Opening Minds through Art***

**Tuesdays in February:**

**February 4, 11, 18 and 25**

**12:15 pm – HWC/Pikes Peak**

Don't miss a chance to create abstract art in this fun new pilot program. You don't need art experience, just the desire to be creative and have fun.

### ***AL Food Committee***

**Tuesday, February 4**

**12:15 pm – GR**

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

### ***Downtown Aquarium***

**Monday, February 3**

Depart at **10:30 am** in front of **West Building**

Enjoy lunch at the Downtown Aquarium with your friends and neighbors. Your underwater adventure begins as you are seated around the 50,000 gallon aquarium which allows exceptional floor to ceiling viewing of more than 100 species of colorful, tropical fish from around the world. The menu offers steaks, seafood and more!

### ***Chicken Soup for the Soul***

**Wednesdays,**

**February 5 and 12**

**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.

### ***Painting & Wine with Polly***

**Wednesday, Feb. 5**

**5:30 pm – GR**

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!

### ***Music & Memory***

**Thursdays in February:**

**February 6, 13, 16, 20 and 27**

**12:30 pm – HWC/Pikes Peak**

Connect with music and relive the joy you felt when you first heard your favorite songs. You'll work with a Kavod partner who will act as a music detective to discover your favorite music and create an individual playlist. Listen to music together and share stories behind the music.

***Emma's Emigos***

**Friday, Feb. 7 and 21**

**12:15 pm - GR**

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.

***Target - Shopping trip***

**Friday, February 7**

Depart at **1:30 pm** in front of **West Building**

This is the only trip you need to bring money!

***Construction Update***

**Fridays - 11:30 am-12:30 pm**

**HWC - Pikes Peak/Mt. Evans**

To ensure you are well informed throughout the construction process we will be holding an informational meeting each week to cover the status of the construction process, upcoming projects, and to answer any questions.

**Monday, Feb. 10**

**3 pm - Front of Shul**

***Tu B'Shevat Songs and Stories with Rabbi Jack Gabriel***

Come learn with "Rabbi Jack" about this special Jewish "New Year for Trees" in story, song and plenty of laughter! Rabbi Jack was born to survivors in Italy right after the war, was ordained by Rabbi Zalman Schachter-Shalomi (z'l) and travels the world sharing soulful music, deep learning and above all joy!

***Self-Care Collective***

**Wednesdays**

**10:00-11:30 - HWC/Mt. Evans**

The Self Care Collective is designed for you to increase your well-being, practice self-care through activities designed to explore self towards creating a life defined with purpose, joy and compassion. Activities will range from arts and crafts to therapeutic recreation like mindful walks outdoors to practice awareness, presence, recognizing personal strengths, taking care of your mind, thoughts, emotions, and physical body. Based on your needs, chronic pain, depression, anxiety may be addressed. Sharing personal emotional needs in the group will be optional.

Group Facilitators: Registered psychotherapists Mairead Dougherty and Esra Nutku-Bilir at Maria Droste Counseling Center.

***Sing Along Sunday***

**Sunday, February 16**

**5:30 pm - West Lobby**

Come to our Sing-Along and make new friends, and sing well-loved songs.

**Everyone welcome!**

***Don Garcia Music Hour***

**Tuesday, February 18**

**5:15 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.

***Jazz Trio***

**Wednesday, February 19**

**5:15 pm**

**Gathering Room**

Don't miss hearing this talented jazz trio that plays all your favorite jazz tunes!

***Sing along with Tory***

**Monday, February 24**

**12:15 pm – Gathering Room**

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.

**Wishbone Restaurant**

**Monday, February 24**

Depart at **4 pm** in front of **West Building**

Enjoy a fun evening with friends and neighbors as we travel to one of our favorite restaurants for a delicious dinner. ***The Wishbone*** is famous for their fried chicken, and have a large menu of comfort food entrees and desserts to choose from.

**Mardi Gras**

**Tuesday, February 25**

**5 pm – Gathering Room**

Liven up your evening with a fun night of LIVE Jazz music by Kavod favorite, Jazz Trio! Celebrate the festivities of Mardi Gras with music by **The Jazz Trio**, beads and fun!

# Assisted Living Staff



## Jennifer Grant, Director of Assisted Living

I was born in Chicago, Ill, and moved to Colorado when I was 14 in 1987, and have lived here ever since.

I have worked at Kavod since February of 2007 (13 years in February). I was drawn to Kavod because of its mission, and have been part of that mission for the past 13 years. I'm truly inspired to hear all of the amazing things our residents have experienced, as well as meet so many wonderful people on a daily basis. Every person I meet has something new to bring and provides me with the opportunity to learn about things outside of my own experience. That is invaluable.

I have three adult children, and two grandchildren. During my off time I enjoy spending time with family. Last week, we went roller skating and I only fell once! I also enjoy going to the gym, throwing pottery and tending the garden in my backyard. I purchased a house last year and have been spending most of my time making this house our home, so I am learning how to be a handyman. It is quite the fun process.

I have a Bachelor of Science in Biology and Professional Advancement Certificate in Gerontology. Historically, I was legitimately afraid of Public Speaking so over the past few years I have obtained my Communications Mastery Certificate through Mountain States Employee's Council and am a member of a Toastmasters group. Recently, I gave a 20 minute speech in front of almost 150 people. Facing that fear has taught me a great deal and I am so excited to learn more and will continue to push myself to do things I find uncomfortable.

## Assisted Living

### Care Partner – Medications

303-598-3573

### Care Partner – ADL Assistance

303-304-5525

### AL Schedulers – Syril Newman/Rachel Wilrye

720-382-7826

### Emma Gift – Care Coordinator

720-382-7837

### Sara Diaz – Wellness Coordinator

720-382-7824

### Jennifer Grant – Director of AL

720-382-7825