

Honoring Mothers and Fathers

Erin Berge, Interim Resident Director

Welcome to our May/June newsletter - it's the time of year when we thank, honor and remember our mothers and fathers. Whether they are biological, step parents, or role model types, we can be certain that they have imprinted on our lives.

Marshall Segal, (writer at desiringGod.org) said: Within the Trinity, God himself — Father, Son, and Holy Spirit — was devoted, enthralled, and overflowingly happy. Adam and Eve, and you and me, are the fruit of an unparalleled love. Therefore, God, wanting to deeply, even inescapably remind us why he made the world — why he made us — made us the product of love (however broken, immature, or unwise the love of our particular parents may have been). Even when they fail to love us (and each other) well, parents remind us of the better, purer, more reliable Love that made us. God has children look up to parents, for a time, so that we might see far beyond them to Him.

Parents are a vivid reminder of the fullness of God, the kind of fullness that spills over in creation. And good parents, like the wonderful father and mother God has given me, are especially brilliant reflections of that loving fullness and creativity.



Parents are also, however, a first opportunity for children to receive, submit to, and obey God-given authority, another compelling reason for God to make the world — and the family — as He did.

The promise here does not guarantee that if we honor our parents our earthly life (or our relationship with them) will necessarily be any easier or better. But persistently honoring our fathers and mothers, especially when it is not easy or comfortable, does prove that we are miracle children — children of promise, children of heaven, chosen and precious children of our heavenly Father.

Isaiah 41:10 KJV

"Fear thou not; for I am with thee: be not dismayed;
for I am thy God: I will strengthen thee;
yea, I will help thee;
yea, I will uphold thee with the
right hand of my righteousness."



Life Enrichment & Activities



In the Life Enrichment Department, we are gearing up for spring and summer activities! We will be doing more activities outside as the weather warms, including Trivia and other social games, outdoor games including cornhole, and group walks to the Botanic Gardens.

We are planning bus trips to the Ute Museum and several sight-seeing trips for the summer months. Indoor activities will include many of the usual ones like BINGO, Travel Adventure, Happy Hour, word games, and Bible Study and monthly birthday celebrations.

We are also planning a “Tea Party” in June with themed tables decorated by staff and residents. Next time you are in the building, check out our resident spotlight boards in the hall by the nursing offices. Every other week we feature two residents, old school style.

Finally, please plan to join us for our second annual Cinco de Mayo celebration. Families are invited to our event on the back patio on Friday, May 5th at 3:00 for mini-margheritas, appetizers, and a pinata! Please RSVP to Dawn at (970) 964-3413 if you can attend.

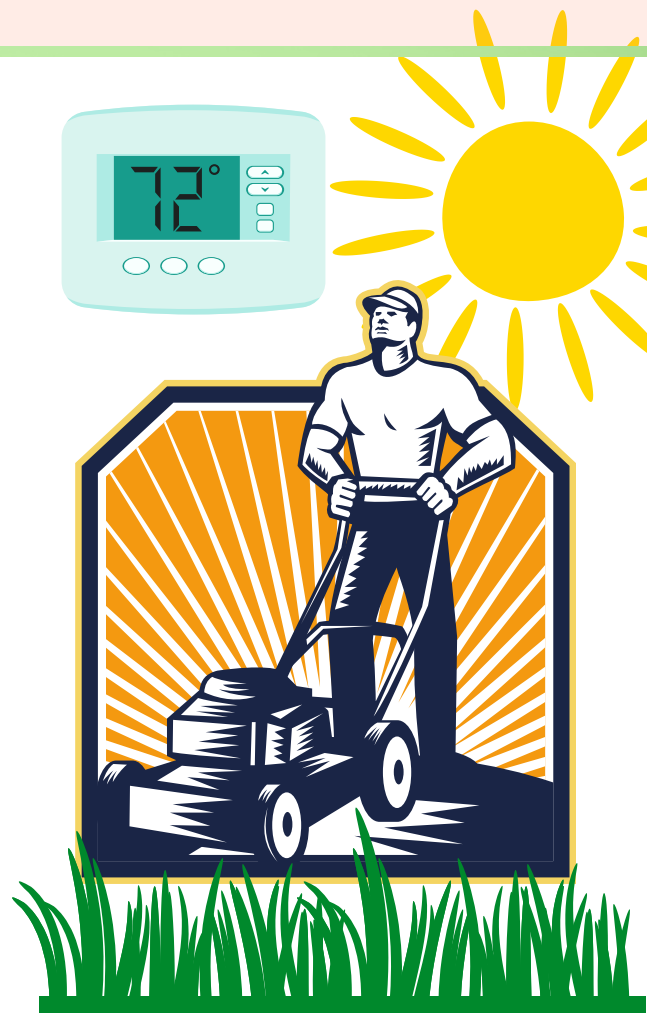
Dawn Vallejos, Life Enrichment Director

Maintenance Minute

The fluctuating temperatures of spring can put a strain on the heating units. As a friendly reminder, please keep apartment thermostats below 80 degrees. When you put them above 80 the compressors over heat and shut off causing the red light to come on and in some cases the unit will blow cold air. If you notice the red light on please let staff know so we can reset the unit.

We will be mowing on a regular basis starting in early May. The lawn sprinkler system will also start up then as well. Please use caution when walking in the grassy areas as it may be wet.

Randy Lehman, Environmental Services



Dining Services

Mother's Day is right around the corner!

We will be having a lunch of:

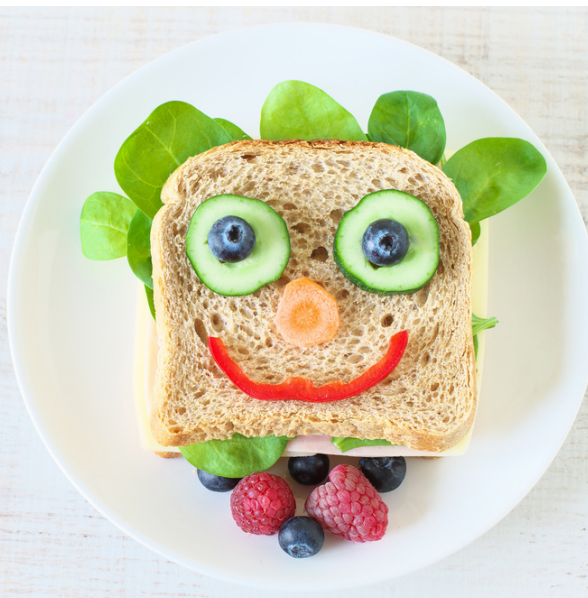
- Shrimp Cocktail
- Lemon Pepper Cod
- California Vegetables
 - Wild Rice
 - Croissant
- Strawberry Shortcake

The spring menu is starting May 1st!

We hope you will enjoy new items like:

- Chicken Caesar Salad, Roasted Vegetable Salad, Grilled Chicken Salad
 - Stir Fry with Egg Roll
 - Kielbasa & Sauerkraut
- Taco Salad, Chicken Burrito, Quesadilla & Tacos

1st Friday BBQ will start again soon out on the patio. We are looking forward to some spring weather and the smell of grilling hamburgers!



DISHING WITH DIETARY

Join us for Dishing with Dietary meeting in the activity room to help us plan a special meal for Father's Day!

**Tuesday
May 16
1:00 pm**

Stacy Arndt,
CDM, CFPP
Dietary Director

The Homestead
at Montrose





**JOIN US FOR A CINCO
DE MAYO CELEBRATION!**

HAPPY HOUR ON THE PATIO

Resident family members are invited!

Please RSVP to Dawn or call 970-964-3413.

FRIDAY MAY 5TH

3:00 PM TO 4:30 PM

Snacks/appetizers & mini-mini margaritas plus
non-alcoholic drinks will be served

**The Homestead
at Montrose**





Director of Health Services Corner

Lisa Culver-Sharrer BSN, MSN, RN



Promoting Hydration in Older Adults... Fluid for Thought

Dehydration is a fluid imbalance caused by inadequate intake or excessive losses. It can occur quickly in all older adults, and the effects can be harmful.

Risk factors for dehydration include: old age, age-related changes, and the thirst response is blunted. The decline in the ability of the kidneys to concentrate urine is also an issue. Taking more than 4 medications can also interfere with fluid balance and affect kidney function. 48% of older adults in Emergency Departments have lab values indicative of dehydration and 31% of LTC residents suffer from dehydration. Dehydration is also present in up to 1/4 of older patients and those with dementia have higher risk.

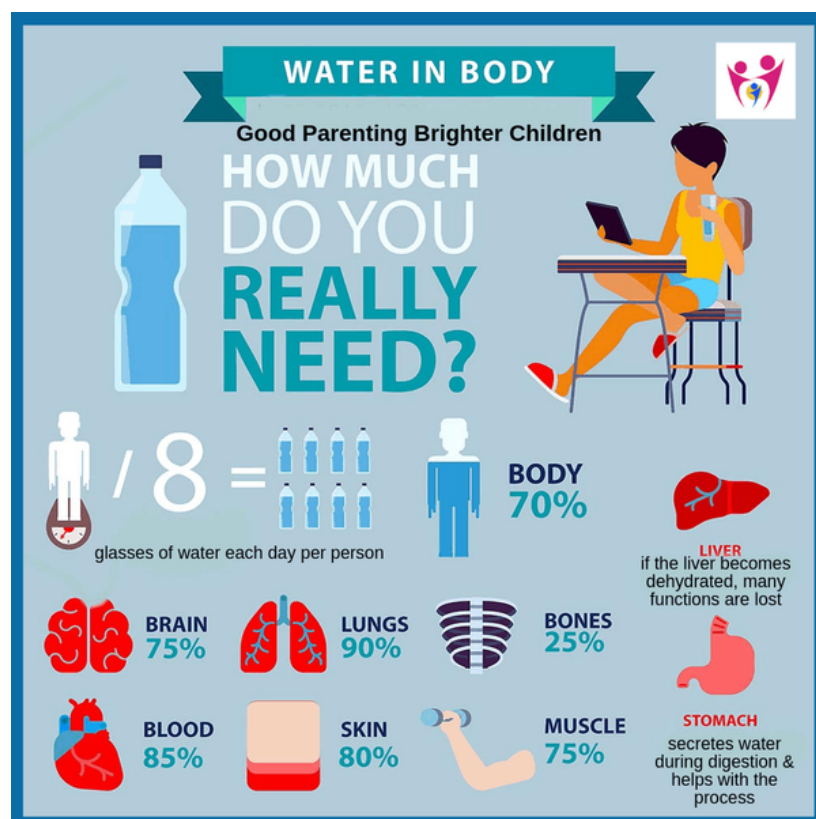
Consequences of dehydration include: constipation, increase fall risk, urinary tract and respiratory infections, confusion, renal failure, hyperthermia and a longer than usually healing time wounds.

There is also increased mortality rates among hospitalized old adults.

Signs of Dehydration: dry oral mucosa, furrowed tongue, sunken eyes, rapid pulse, low blood pressure (particularly upon standing), concentrated urine, low urine output and confusion.

Remedy? "H2o"! Fill a portable water bottle with a goal to finish it each day. Always put fluids within reach and drink preferred beverages at preferred temperature.

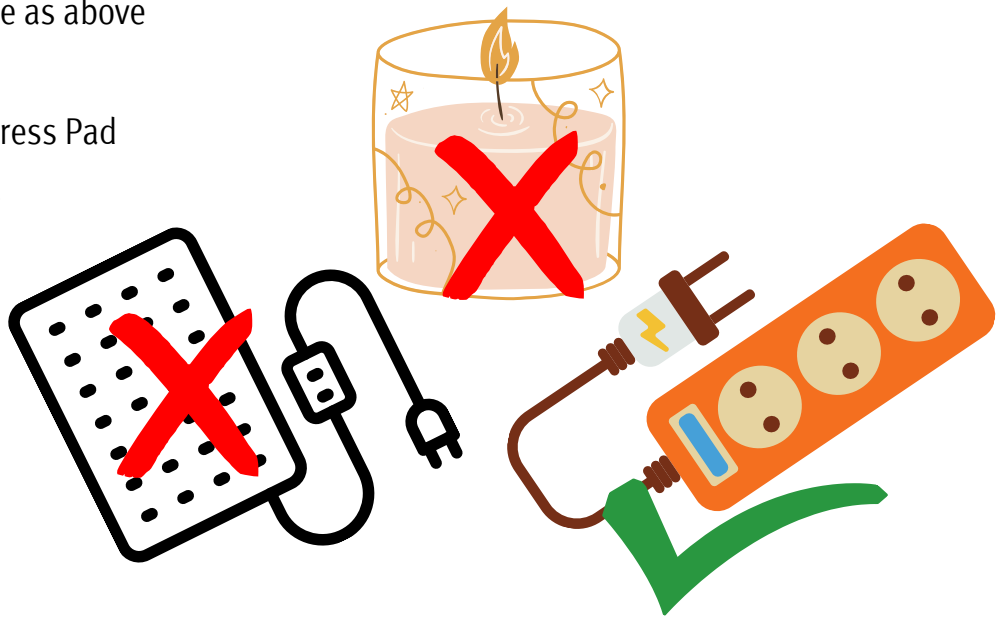
**The Homestead
at Montrose**





Assisted Living Regulations state you may not have these items in your apartment:

- Extension Cords - power strips in place of extension cords are acceptable
- Portable Heaters – we will authorize use of these in an emergency situation and supply the unit
- Portable Air Conditioners - same as above
- Electric Heating Pad
- Electric Blanket or Electric Mattress Pad
- Natural Green Trees or Wreaths
- Candles
- Wax Scentsy Burners
- Cooking Tops with Burners
- Firearms



Thank you for your cooperation.



Dress Code

From the Resident Handbook:

Residents are expected to be appropriately and modestly dressed when outside their apartments. Pajamas, bare feet, and exposed undergarments are examples of inappropriate attire. Management reserves the right to address inappropriate choices of dress privately with a resident.

Grateful for Our Volunteers!



As part of National Volunteer Week in April, we wanted to recognize the many volunteers who make care communities like ours possible. Thank you!

It can be confusing because of our name, Volunteers of America, but VOA is primarily a professional, nonprofit organization with skilled, dedicated and paid staff. We work from the old definition of "volunteer," which means anyone who steps up to meet a societal challenge.

We do, however, work with a number of unpaid volunteers as well and want to honor them. We are so glad you are part of the VOA community! If you are interested in volunteering, please talk to Dawn our life enrichment/activities director.



**THE BEST WAY TO FIND YOURSELF
IS TO LOSE YOURSELF
IN THE SERVICE OF OTHERS.**

GANDHI

Volunteer Spotlight



One of our own, Gerald Templin resident and volunteer

In recognition of national volunteer month (April), we interviewed Gerald about his volunteer involvement here at The Homestead at Montrose.

When did you get involved in volunteering with this organization?
In November of 2021, when I became an independent living resident

What attracted you to the cause?
I worked with the elderly when I worked as an enrollment specialist for PACE in the 1990s. I also worked as a behavioral health case manager in Arizona

How would someone describe you?
As a likeable person

Tell a little bit about your life.
I was a distance runner, majored in Physical Education, have lived in Texas, Arizona and Colorado

What are your volunteer activities here and what do they involve?
Exercise classes, Bible study, Church services, Bingo, Resident Council President

What motivates you to stay involved?
Staff does not have time to do it all; I want to help!

In your opinion, what's the most important work that this organization does?
The interest shown in the wellbeing of everyone here

Why do you volunteer?
I have talents that I can share with others

Does anyone in your life play a role in supporting your involvement? In providing inspiration?
My wife Jackie of 32 years, Dawn, Mike and most residents

Do you have an anecdote about this cause/organization that really moved you?
Just keep giving love, respect and kindness to all

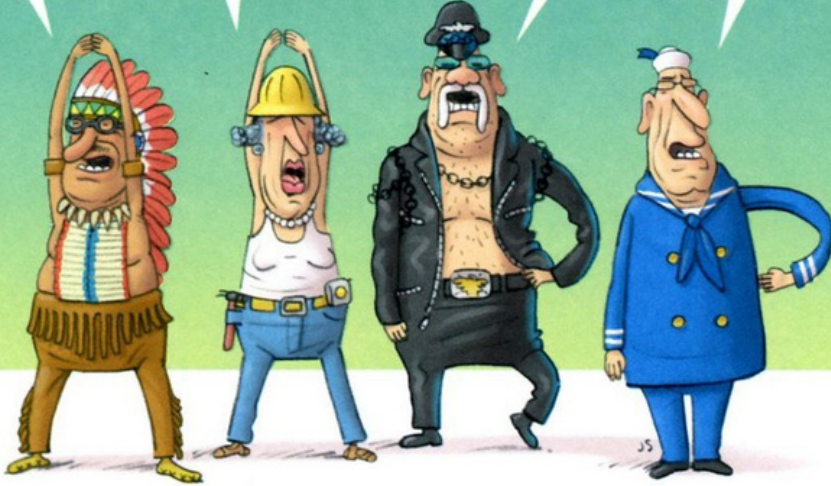
Do you have a message to share with other potential volunteers?
Everyone has some kind of talent that they should share with others, it will be beneficial and appreciated by them

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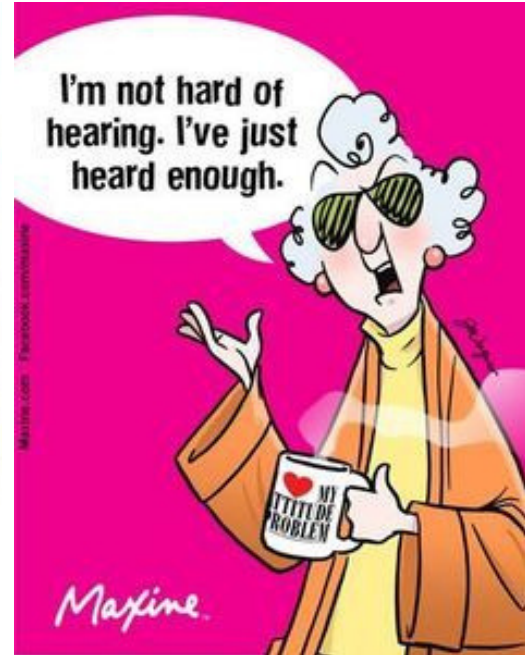


Laughter is the Best Medicine!

A-A-R-P! I wanna join the A-A-R-P!



The Retirement Village People



Riddles & Jokes

Riddle: What two things can you never eat for breakfast?

Answer: Lunch and Dinner.

Riddle: What has a face and two hands but no arms or legs?

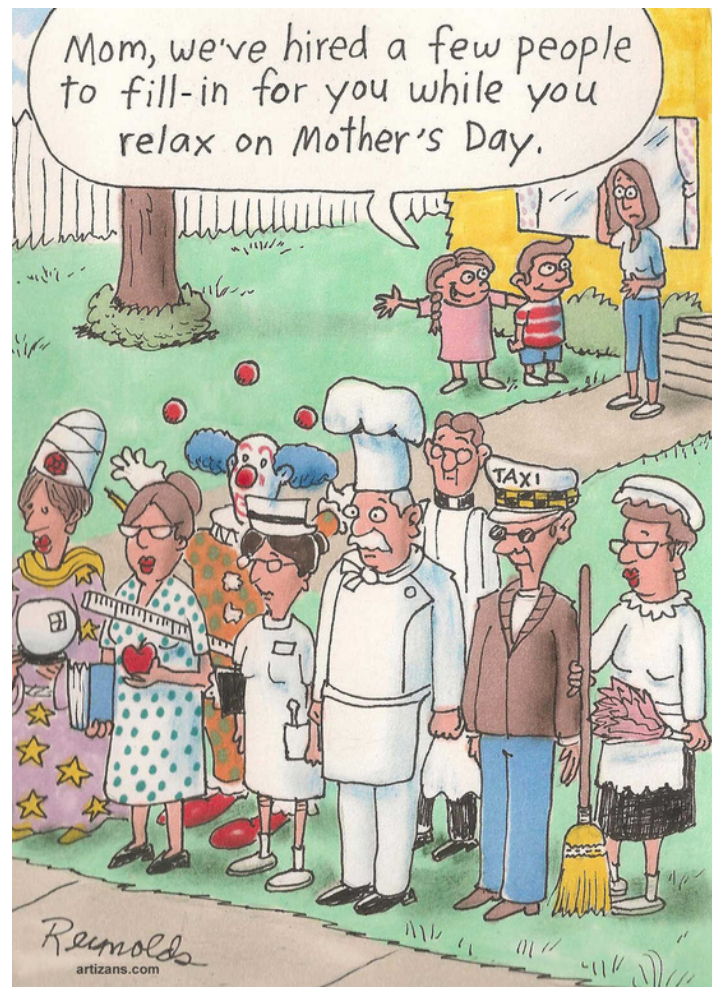
Answer: A clock.

Riddle: What tastes better than it smells?

Answer: A Tongue.

Riddle: What kind of room has no doors or windows?

Answer: A Mushroom.



The Homestead
at Montrose

Volunteers
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SERVICES



What we've been up to!

Easter egg decorating day
was fun and colorful!



Weehawken dancers
entertained us with several
different dance style numbers.





What we've been up to!



St. Patrick's Day
happy hour
and wearing
o' the green!

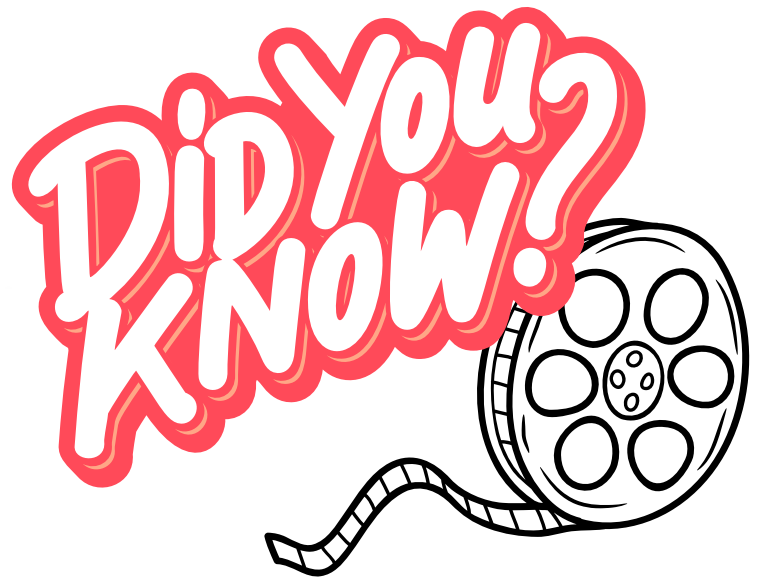


Pet Adoption Day
was a big hit! The
robotic pets were
donated by Second
Chance Humane
Society. Adopters
received a certificate
of adoption.



Congratulations Randy on your
19 year anniversary with VOA as
environmental services director!





Did you know we use half of our living room for showing movies? We close the blinds, drop down the big screen and turn on the overhead projector. It's a perfect spot for enjoying a movie! Over the past few months we watched: My Girl, Top Gun: Maverick, The Sting, Princess Bride, A Dog's Tale, Sleepless in Seattle, Mulan, Anything Goes, My Girl, All of Me, MASH The Movie, and Crossfire Trail. Many of our movies are requests from residents. If there's a move you'd like to watch, be sure to bring your suggestions to the Resident Council meetings or write a note for activity staff.



May Birthdays:

Dona - May 6

Penny - May 11

Judy - May 31

June Birthdays:

Davine - June 7

Joe S. - June 10



Positivity Poem



Drinking from My Saucer

*by
John Paul Moore*

I've never made a fortune and it's probably too late now.
But I don't worry about that much, I'm happy anyhow.
And as I go along life's way, I'm reaping better than I sowed.
I'm drinking from my saucer, 'Cause my cup has overflowed.
I don't have a lot of riches, and sometimes the going's tough.
But I've got loved ones around me, and that makes me rich enough.
I thank God for his blessings, and the mercies He's bestowed.
I'm drinking from my saucer, 'Cause my cup has overflowed.
I remember times when things went wrong, my faith wore somewhat thin.
But all at once the dark clouds broke, and the sun peeped through again.
So God, help me not to gripe about the tough rows that I've hoed.
I'm drinking from my saucer, 'Cause my cup has overflowed.
If God gives me strength and courage, when the way grows steep and rough.
I'll not ask for other blessings, I'm already blessed enough.
And may I never be too busy, to help others bear their loads.
Then I'll keep drinking from my saucer, 'Cause my cup has overflowed.