

Looking Upward

Erin Berge, Interim Resident Director

The Perseids are a prolific meteor shower associated with the comet Swift–Tuttle. The meteors are called the Perseids because the point from which they appear to originate lies in the constellation Perseus.

In his 1972 song "Rocky Mountain High", American singer-songwriter John Denver refers to his experience watching the Perseid meteor shower during a family camping trip in the mountains near Aspen, Colorado, with the chorus lyric, "I've seen it raining fire in the sky." This is a piece of trivia I just learned!

In the Bible, James writes: Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. (James 1:17 NIV)

We are ignorant of the existence of these meteors until their path intersects with the orbit of the earth. But they are always in the heavens. Always with the comet just as God is always present in our life. He often remains invisible until some circumstance forces us to seek Him. At those times, if we pay enough attention, we can see His grace working within us. We have to wait patiently before the meteors appear every year to see God's beautiful, heavenly handiwork.

With all of the struggles we face in a fallen world, it's a blessing when God displays His love and care for us in ways that strengthen our faith and motivate us to keep looking upward in anticipation of His grace.



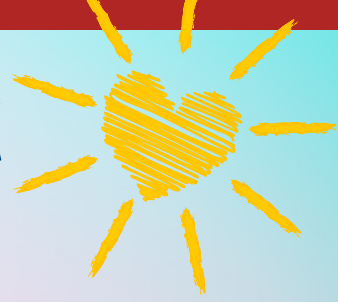
The Perseids meteor shower is visible from mid-July each year, with the peak in activity between August 9 and 14, depending on the particular location of the stream.

During the peak, the rate of meteors reaches 60 or more per hour. They can be seen all across the sky; however, because of the shower's radiant in the constellation of Perseus, the Perseids are primarily visible in the Northern Hemisphere. As with many meteor showers the visible rate is greatest in the pre-dawn hours, since more meteoroids are scooped up by the side of the Earth moving forward into the stream.

REMINDER: All residents are invited to attend Resident Council meetings on the third Thursday of each month. It's a great opportunity to learn about community happenings and voicing your preferences.



Life Enrichment & Activities



As Life Enrichment Director, I take fun very seriously! Our residents deserve more than just a safe place to live, nutritious food to eat, and excellent medical care. While these are obviously very important, at The Homestead, we provide “Person Centered Living” as well. We call it Quilt, or Quality in Living Today.

This means that, when planning activities and events, we target six specific domains of the whole person to make sure to meet all of the needs of our residents. These domains, or the pieces of our quilt, are the Physical, Emotional, Vocational, Spiritual, Social, and Intellectual needs of each person.

Each of our activities is designed to target at least one of these areas. For example, we provide exercise classes four times a week to meet the physical needs of our residents. Musical entertainment, outings, and BINGO fall under both the social and emotional domains.

Take a look at the pictures in this newsletter or the activities on the upcoming calendar and see if you can figure out which of the domains are being met. From Sock Hops to board games, from crafts to Happy Hour, our fun creates a beautiful quilt for the wellbeing of all our residents!

Dawn Vallejos, Life Enrichment Director

Dining Services

Summer is winding down. We have had fun this summer grilling on the patio. The 1st Friday BBQs are a favorite for many residents. Even when the weather is too windy or hot we still love the smell of the BBQ thru the dining room.

As fall rolls in we will be starting the fall/winter menu September 1st. Some of the fall favorites coming back are:

- White Chicken Chili and Homemade Soups
- Chicken Fried Steak with Mashed Potatoes & Vegetables
- Vegetable Lasagna with Garlic Toast
- Meatloaf with Scalloped Potatoes
- Pot Roast with Baby Potatoes & Carrots
- Pumpkin Pie, Spiced Apples, Pecan Pie, Apple Cranberry Crisp & Pumpkin Spice Cake



DISHING WITH DIETARY

Join us for Dishing with Dietary meeting in the activity room to help us plan for upcoming meals!

**Monday
August 14
1:00 pm**

Stacy Arndt,
CDM, CFPP
Dietary Director

The Homestead
at Montrose





Director of Health Services Corner



Lisa Culver-Sharrer BSN, MSN, RN

It's that time of the year to start thinking about the Flu Vaccine.

Importance of the Influenza Vaccine (Flu Shot):
Every once in a while, people get very sick from the flu. We tend to see people sick around the time that the weather begins to change. Since people get the flu, the flu researchers developed a flu shot that can protect people from getting it. However, what is the flu, and why is it important? What is the flu?

According to the CDC, the "flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs." Every person is different, so some might develop a couple of symptoms, while others might experience all the symptoms. In some cases, the flu can be deadly. The flu is similar to a cold. However, the flu has more severe symptoms.

What are the symptoms?

Fever and/or chills	Headaches	Runny nose
Fatigue	Dry cough	
Sore throat	Muscle aches	

Why should you receive the vaccine? It's essential to receive the flu vaccine to help prevent contracting it. It's advised to receive the vaccine every year since it's prevalent. The vaccine can lower your risk of getting the flu and the risk of having health problems after the flu. Also, the flu can spread quickly if you are around people who might have the flu. They can cough, sneeze, or talk, which can spread particles into the air. People can inhale the particles and can get the flu. You would be protecting yourself and the people who are around you.

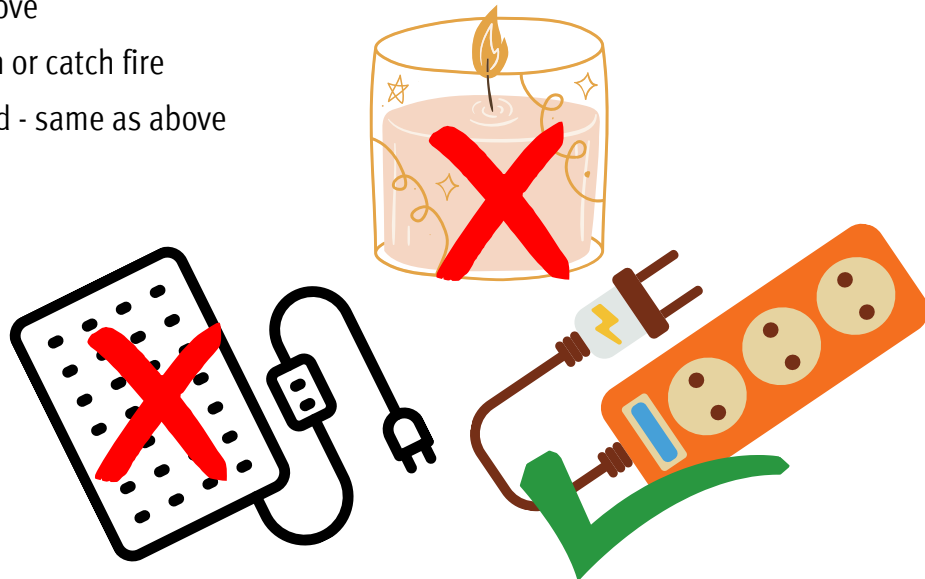
There are several ways for you to schedule your flu shot:

- Attend The Homestead Flu clinic. You must sign up in advance. Please let one of our nurses know if you would like this.
- Make an appointment with your Primary Care Physician
- Schedule a shot with a pharmacy in town



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 - can burn the skin or catch fire
- Electric Blanket or Electric Mattress Pad - same as above
- Natural green trees or wreaths
- Candles
- Wax Scentsy Burners
- Cooking tops with open burners
- Firearms

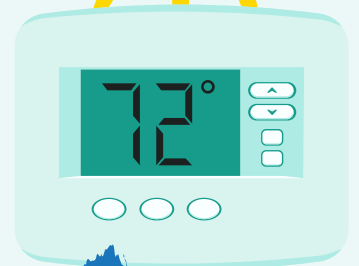


Thank you for your cooperation.

Maintenance Minute

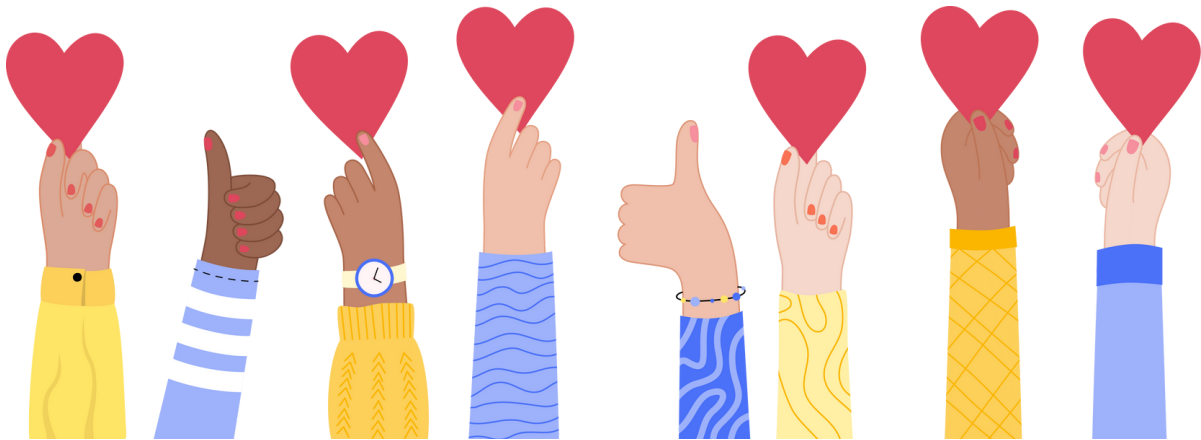
It's been a HOT last few weeks! As a friendly reminder, a recommended temperature for apartments is 72 degrees. When you set the thermostats below 60 or above 80 the compressors over heat and shut off causing the red light to come on and in some cases the unit produces water condensation and will stop working. This can cause the ceiling panels to absorb the water, leak and stain. If you notice the red light on please let staff know so we can reset the unit.

Painting has begun on the second floor. We have an extra helper who has been painting in the evenings. It's a slow process since there are many other tasks to do, so please have patience during this project. We do our best to not interrupt your comings and goings down the hallways by painting during off-hours.



Cody Coram, Maintenance & Environmental Services

Volunteers Are Here!



We are excited to share that we have four new volunteers who will be helping us with various tasks and life enrichment activities starting in August!

Their names and areas of interest are:

Linda: gardening and helping with a variety of activities

Amy: assisting with Bingo and other activities

Deborah: activities and weekend visits with residents

Patricia: clerical and organizing plus visiting with residents

These volunteers are also members of the Retired Senior Volunteer Program (RSVP), which is run by Region 10 as a service to the community. RSVP has partnered with The Homestead at Montrose to be a volunteer site.

Please welcome them to our community!



Laughter is the Best Medicine!

Riddles to Repeat

What is at the end of a rainbow?

Answer: a W

What goes through a door but never goes in and never comes out?

Answer: a keyhole

What can only run but not walk, talks, has a head but never weeps, has a bed but never sleeps?

Answer: a river

A cowboy rode into town on Friday. He stayed for three nights and rode out on Friday. How is this possible?

Answer: His horse's name is Friday.

HAHA

The Homestead
at Montrose



I'm looking for an Uber driver who can take me back to 1962.

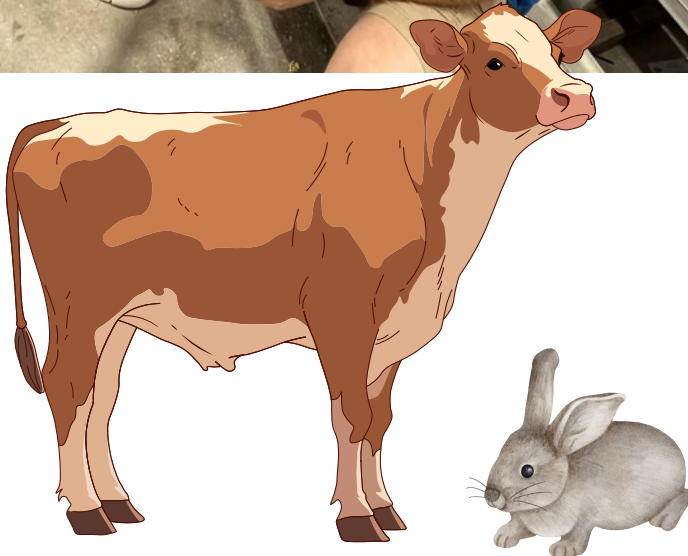


"You can come down now, Everett. The children have grown up and left."



What we've been up to!

A group took a trip to the Montrose County Fair and saw a woodworking birdhouse display, ate popcorn and watched cows getting a bath along with the rabbit judging.



SO MUCH FUN





What we've been up to!



Dawn, our life enrichment director, gave a talk on various native American instruments and played several beautiful songs for residents in our living room.



Bonnie enjoyed one of our recent Friday afternoon happy hours with a Western theme. Giddy up cowgirls and cowboys!



Stacy our dietary director cooks up hamburgers on the grill on the outside patio. The cookout was held the first three Fridays in June, July and August for residents and staff to enjoy!



What we've been up to!



We added fairies and other garden trinkets to the red poppy flower bed in the backyard.

Several residents painted a wood crate to look like an American flag. A group took a bus ride to Black Canyon National Park to enjoy the views.

What we've been up to!



SOCK HOP





National Nurses Assistant Week 2023

National nurses assistant week 2023 was June 15th to June 21st. We celebrated and recognized the incredible work that our compassionate care team heroes do everyday for our residents in assisted living. Pictured above are a few of the team members showing off their new "Living the Scrub Life" t-shirts. We enjoyed a taco and potluck lunch and other goodies together during the celebration week. Remember to say "thank you" to this hard working bunch!



Resident August

Birthdays:

Nina - Aug 3

Gail - Aug 10

Joan - Aug 13

Resident Sept. Birthdays:

Marilyn 9-20

Cathne 9-20

Loree 9-21

Lorraine 9-23

Dick 9-26



Celebration of Life 2022-2023



Our annual Celebration of Life service will be held August 30th at 2:00 p.m. in our activity room. This is a gathering of residents and staff who wish to recognize the lives of residents who have passed in the last year. We will have music, singing, and devotions followed by an outside balloon release.

Joyce Norman	5/6/23
Davine Pera	6/7/23
Jeannie Rice	2/6/23
Betty Davis	1/27/23
Linda Foucher	2/28/23
Kurt Jackel	4/29/22
Larry Day	12/3/22
Tim Kavnagh	7/25/22
Molly Johns	10/12/22

The Homestead
at Montrose





WORD SEARCH

COLORADO CITIES



A	E	L	A	T	L	E	D	C	L	O	O	E	V
V	G	A	A	R	L	B	E	O	E	T	A	A	A
A	L	K	A	I	A	O	E	R	L	R	I	A	R
R	L	E	B	F	A	U	L	T	A	L	D	R	A
O	I	W	R	L	D	L	D	E	N	V	E	R	J
R	T	O	O	T	N	D	E	Z	C	A	U	O	A
U	T	O	O	A	A	E	A	R	O	N	E	N	L
A	L	D	M	O	L	R	A	D	I	L	A	S	L
A	E	L	F	L	R	M	O	N	T	R	O	S	E
D	T	N	I	B	E	L	D	I	H	S	U	R	B
A	O	E	E	E	D	T	A	L	A	M	O	S	A
V	N	L	L	U	E	O	G	N	A	R	U	D	J
R	D	B	D	P	N	G	U	N	N	I	S	O	N
A	R	E	L	F	I	R	N	S	C	N	T	D	E

Brush
Nederland
Denver
Rifle
Cortez

Pueblo
Vail
Littleton
Aurora
Broomfield

Boulder
Alamosa
Lakewood
Lajara
Gunnison

Montrose
Delta
Arvada
Salida
Durango