

THE HOMESTEAD AT MONTROSE

WINTER

Wonderland

NEWSLETTER

EDITION

NOV/DEC 2023



Christmas Every Day

From Pete Brisco Devotionals

This Christmas, remember that the true value of a gift depends on how you measure it. A gift with a large price tag might seem more valuable, but only by the world's standards. As usual, God looks at it differently:

As Jesus looked up, he saw the rich putting their gifts into the temple treasury. He also saw a poor widow put in two very small copper coins. "Truly I tell you," he said, "this poor widow has put in more than all the others. All these people gave their gifts out of their wealth; but she out of her poverty put in all she had to live on." (Luke 21:1-4)

If you're feeling like you have nothing left to give right now, that verse is worth pondering. She gave more; she gave out of her poverty; she put in all she had to live on. Think about this a little bit—it puts a whole new twist on Christmas when we consider this passage in light of who we are in Christ and who Christ is in us.

Mary carried Jesus for nine months in order to deliver Him to the world. We carry Jesus for the rest of our lives in order to deliver Him to the world. As living sacrifices, we take Him to mankind so that Christ might literally touch people through our hands, feet, and voices. When we allow Christ to live through us in this way, we are sharing our very life, everything we have, more than anything that can be bought.

Have you ever realized it? Have you ever thought about this? God basically asks us to do the same thing He asked Mary to do. He came to Mary, someone who had nothing to give, and He basically said, make your body a living sacrifice to me. Entrust yourself to me. Now He looks at us and says exactly the same thing.

Lord, one more time, I willingly and joyfully lay myself at Your feet to be used as the packaging and wrapping of Your gift of Jesus to the world every day, all year long. In the midst of all the holiday noise, give me ears to hear the gentle voice of Your Spirit nudging me toward tangible acts of love. Amen.

Loft & Other Updates

Progress has been made on the remodel of the Loft spaces on our second floor with the installation of a metal frame glass door. The Loft will soon be home and offices to Home Health of Western Colorado, a Volunteers of America skilled home health agency. The space will also provide offices to our human resources and regional clinical team. At current writing, we expect move-in to occur by Jan.1, 2024.

We also have received suggestions for creating additional outside sitting and activity areas off the back side of the building and will be making some plans for that come spring. As always, we appreciate your ongoing support and welcome your feedback.

Erin Berge, Interim Resident Director

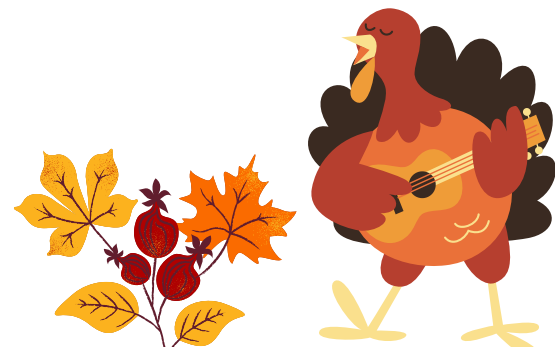
Life Enrichment & Activities

Happy Holidays from the Life Enrichment Department! Fall is such a beautiful time of the year, and as you can see from the pictures, we made the most of it. From “fall color bus rides” to “coffee bar and conversation” in the morning, to a Halloween costume and dance party, we had some great times. Special thanks to the Weehawken Dance Academy, who came to entertain us one morning. The dancers were amazing, and so much fun to watch!

Once again, this year a group of residents worked with staff to create a unique scarecrow to donate to the Montrose Botanic Gardens for their Scarecrow Festival. Our entry this year was named “Holly Homestead’s Hobbies” and showcased many of the activities that residents participate in, including BINGO, crafts, painting, reading, and gardening. In addition to the auction, visitors to the Scarecrow Festival could vote for their favorite scarecrow, and “Holly” won the “Scared Crow” award for first place! “Holly” was auctioned off at the festival and then donated back to the Homestead, so come by and meet her and see her trophy in the activities room.

November and December will bring more fun, including a “deer hunt,” a decorating contest, and a special Happy Hour for families of our residents. Check out our Life Enrichment Calendar to see all our upcoming happenings!

Dawn Vallejos, Life Enrichment Director



Dining Services

October 9-13th was National Healthcare Dietary Appreciation Week. Our dietary staff was treated to dinner at a local Mexican restaurant while the other managers in the building served Pizza to the residents. The dietary team also received new Food Service Shirts. We appreciate all they do to help the residents have an enjoyable dining experience.

Thanksgiving lunch will be our monthly resident choice meal. At our monthly Dishing with Dietary meeting it was decided on Butterball Turkeys with mashed potatoes & gravy, stuffing, green bean casserole and top it off with Pumpkin Pie with whipped cream.

The PRIVATE DINING ROOM is available for family and friends to come in a join residents for a meal. Please let us at the front desk or dining room 24 hours in advance for reservations. Meal tickets can be purchased at the front desk or business office. We do have limited space but will do the best to accommodate the size of your party.



DISHING WITH DIETARY

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

**Monday
Nov. 13 &
Dec. 18
1:00 pm**

Stacy Arndt,
CDM, CFPP
Dietary Director

The Homestead
at Montrose



Dietary Appreciation Week

To celebrate national dietary appreciation week, the team went out to eat together at Tacos & Beer. While they were gone, Norine, Lisa and Erin stepped in and served the residents pizza and salad. It was fun to give our hard working dietary team members a night off. We will definitely make this into a yearly tradition!

Dietary staff received a new t-shirt as part of their thank you gifts. Here they are outside of the restaurant showing off the shirts.

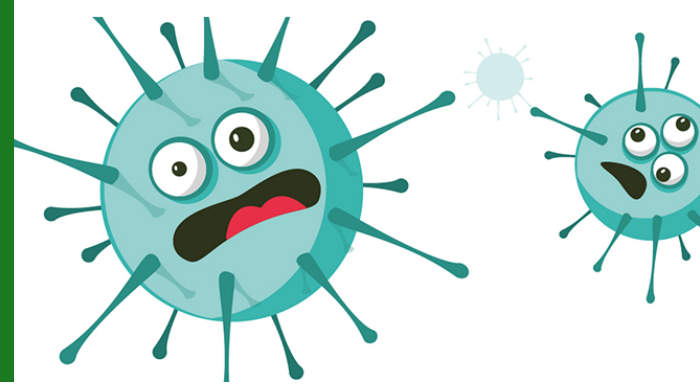


**THANK
YOU!**

Stacy
Lori
Callie
Sasha
Jessica
Trinity

The Homestead
at Montrose

Volunteers
of America | NATIONAL
SERVICES



RSV and why I recommend that you receive the vaccine

RSV is a common respiratory infection that causes mild, cold-like symptoms that typically get better within a week or two. But, for some people, especially older adults, infants, and those with compromised immune systems, RSV can be serious — even deadly. Each year, between 60,000 and 160,000 older adults in the United States are hospitalized for RSV infection, and between 6,000 and 10,000 of them die from it.

RSV vaccines are a monumental public health concern for older adults. The infection is secondary to flu in terms of the number of older adults who are infected and sick with it [or] require hospitalization. One of the key features of RSV is that the older you get, the more severe it can be.

The best time to get the vaccine is before it tends to start circulating in our area. In most regions of the United States, RSV season typically start during the fall, peaks in the winter, and tapers off during the spring. It's still fine to get vaccinated at a different time of year though, particularly if you're at high risk of RSV complications.

The RSV vaccine can be given at the same visit with other vaccines. Receiving multiple vaccines on the same day provides a better opportunity to get up to date with important recommended vaccines.

Common side effects, such as fever and soreness at the injection site, may be increased when the RSV vaccine is given with the flu vaccine. Please reach out if you have any concerns or have any questions.

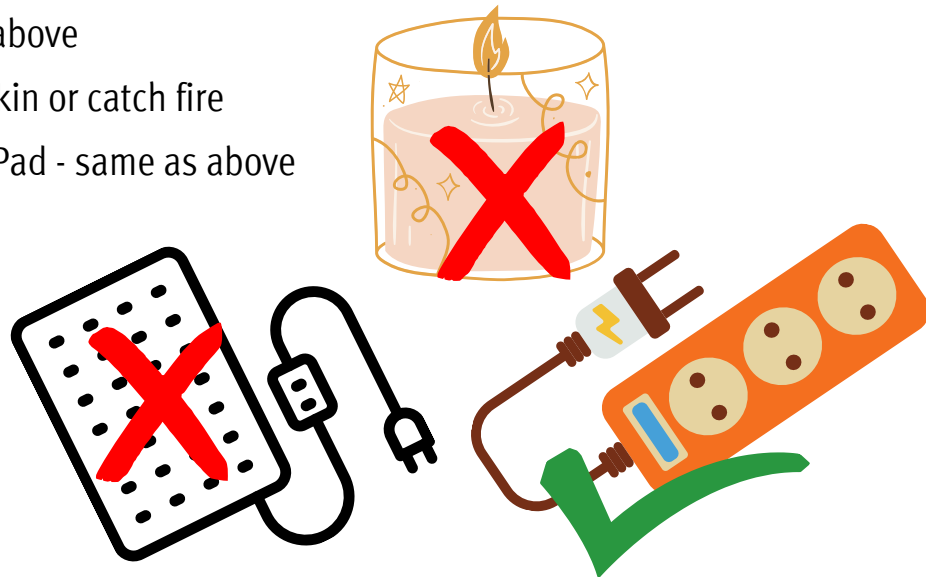
Lisa Culver-Sharrer BSN, MSN, RN, PMHNP
Director of Health Care Services

Reminder

Per Our Regulations

Our Resident Handbook states that these items are not allowed in the apartments:

- Extension Cords - power strips in place of extension cords are acceptable
- Portable Heaters – we will authorize 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



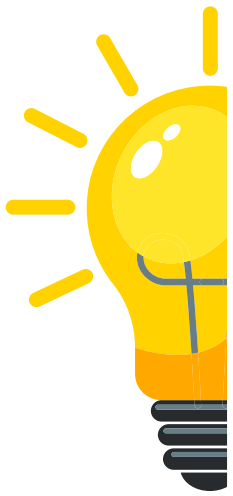
Thank you for your cooperation.

Maintenance Minute

The winter weather is upon us and as we all adjust to the new temperatures, please try and maintain a steady temperature in the apartments. We recommend down comforters to regulate body heat and keep you cozy warm all winter long. The heat lamps in each bathroom can be turned on with a timer dial to warm up that space as you get ready in the mornings or at bedtime.

Cody Coram, Maintenance & Environmental Services





QUICK TIPS



One of the most requested services for our maintenance department is to fix resident's TVs. Often this is caused by accidentally pushing buttons on the tv remote other than on/off, volume or channel. Today's TV are called "smart" because they connect to many streaming services. However, this can be overwhelming for many of us just trying

to find the evening news! There are now remotes available with only a few buttons, which are great for folks with low vision or arthritic hands. These are found at many stores or on Amazon.com.

The Flipper pictured above (left) is \$39.95. The Easy Mote (right) at Wal-Mart is \$13.95.



FEATHERED FRIENDS



Our two blue parakeets now have a new home in the large aviary on the first floor. The finch has been moved to a new home next to the front window when he lost his partner. All birds are acclimating nicely. A huge thank you to Karen, our Sun/Mon receptionist for making this happen. Karen is a passionate animal lover and has taken great care in transferring the birds to new living quarters. Stop by and visit with them - they love to see smiling faces!

Handicap Parking Spaces

Residents are welcome to park temporarily in the handicap designated parking spaces by the front doors to unload or load persons or shopping bags.

Please move your vehicle to the resident parking row after you are done. This frees up the space for others who need to use it and for visiting guests who are handicapped.

Thank you for your cooperation.



The Homestead
at Montrose



**HAPPY
BIRTHDAY**

November

Resident Birthdays:

Jan 11/9
Jackie 11/12
Bonnie 11/24
Marie B 11/28
Lou Ann 11/28



December

Resident Birthdays:

Dale 12/1
Marjorie S 12/18
Robin 12/18
Marjorie H 12/25
Leora 12/26
Peggy 12/29



What we've been up to!

Our award-winning scarecrow, Holly Hobby was a true group effort in creating her, taking her across the street to the Montrose Botanical Gardens, and then bidding on her, so she could spend her days hobbling with us!

Sacred Crow award for crowd favorite scarecrow.



Halloween is always a fun day, especially when we see the variety of costumes our staff come up with to wear. Can you figure out who is who in this photo?

At the Halloween social we enjoyed dancing, music, tasting several flavors of candy corn and visiting with others.



What we've been up to!



Halloween brought out biker chicks, Charlotte's Web, Cleopatra, and Elvis to name a few!





What we've been up to!

The Mighty Mini Therapy horses paid us a visit and were dressed for the season.

Altrusa of Montrose members brought gift baskets for several residents for the club's "Make a Senior Smile" on Make a Difference Day.





What we've been up to!



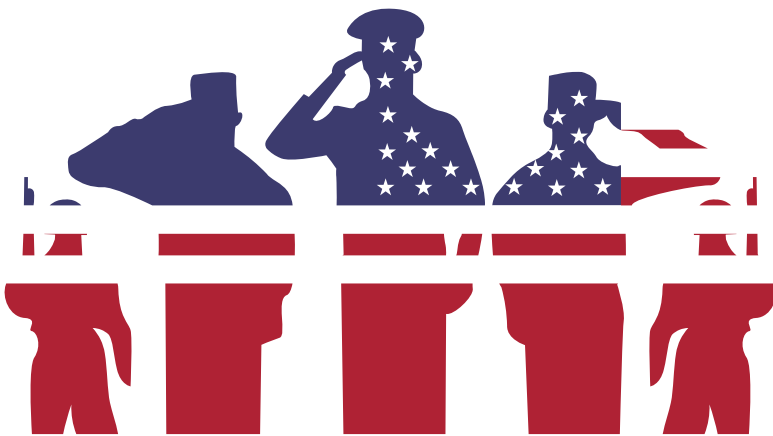
The monthly birthday socials are a great time to visit with your neighbors, enjoy some cake and celebrate each other. We enjoyed a coffee bar one morning for Older American's month with a variety of coffee and creamer flavors.



The Weehawken dance troupe paid us a visit to share their dancing skills one afternoon. Weehawken is a nonprofit creative arts center offering ballet, jazz, hip hop, tap and aerial dance classes in Ridgway and Montrose for ages 2.5-18.

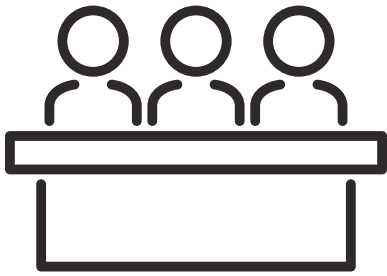
Thank You

On Veterans Day, we honor and thank all the brave men and women who have served in the United States Armed Forces. Their sacrifices and commitment to our country are deeply appreciated and will never be forgotten. We owe them a debt of gratitude that can never be fully repaid. It is because of their bravery and selflessness that we enjoy the freedoms and privileges we have today. Thank you to all the veterans for your service and dedication to our nation.



The Homestead
at Montrose

Volunteers
of America® | NATIONAL
SERVICES



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.



NATIONAL
SERVICES

Valley Manor Care Center | Horizons Care Center
Home Health of Western Colorado
The Homestead at Montrose | AdvantAge Health
Resource Center | Senior CommUnity Meals

THANKS FOOD DRIVE GIVING

We would love your help in providing Thanksgiving meal baskets to staff members in need!

We Are Collecting The Following Items:

Canned Gravy
Canned Corn
Stuffing Mix
Cranberry Sauce
Corn Bread Mix
Canned Fruit

Boxed or Bag Rice
Canned Yams
Canned Green Beans
Instant Mashed Potatoes
Mac and Cheese

Or other similar Thanksgiving meal items

Items
Will Be
Collected

OCT-NOV
30-17

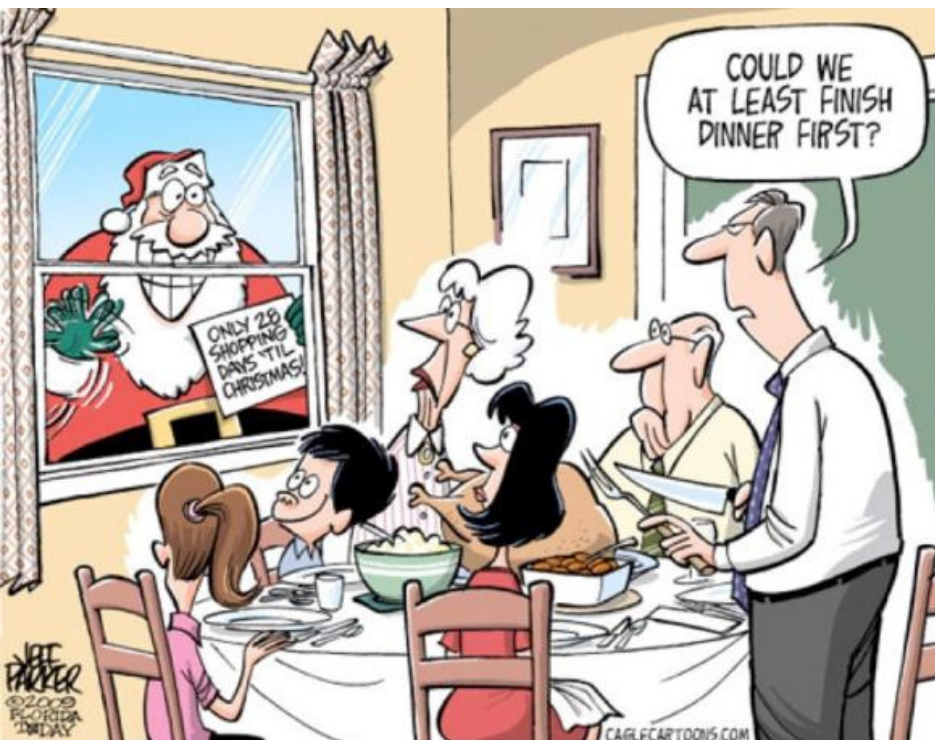
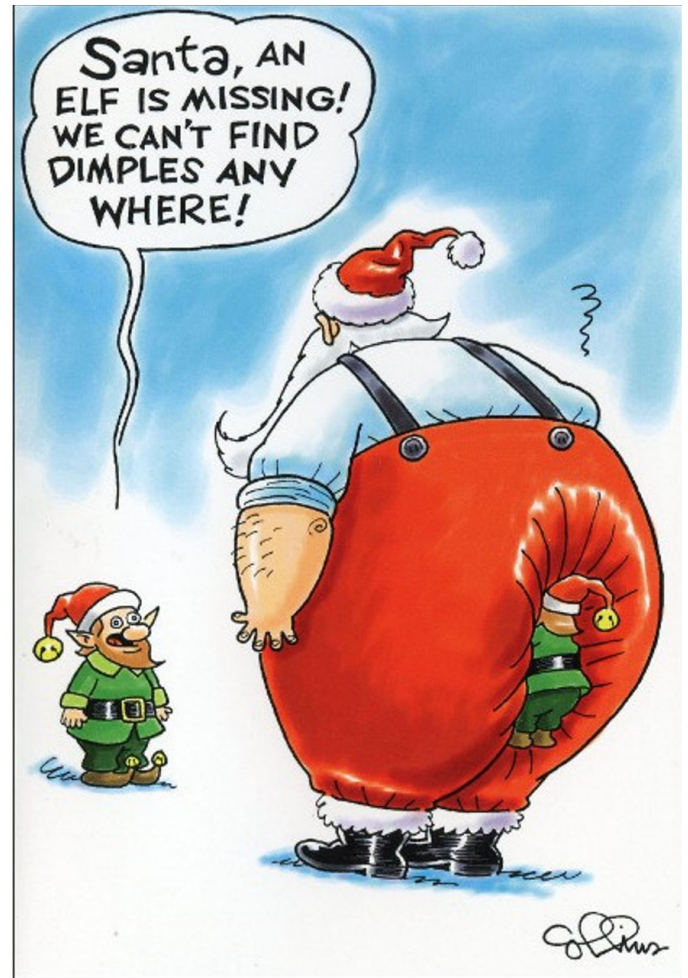
Drop Off Location:
VOA Regional Offices

300 N Cascade
Montrose, CO
9 am to 3 pm

Call phone number below for access into the building:

FOR MORE INFORMATION: Katie Rice 970-309-1503

Laughter is the Best Medicine!



FUNNY QUOTES

Whoever said money can't buy happiness didn't know where to shop.

I dream of a better tomorrow, where chickens can cross the road and not be questioned about their motives.

Capture Your Family History During November

Family Stories Month



Some of our most memorable moments are those spent with loved ones. Whether you're gathering with family this year or not, November is the perfect time to capture your memories of time together. Record your family stories using a series of starter questions below. Use one a day or during your next family get together.

1. How would you describe your family to someone who doesn't know them?
2. What is your family's most memorable vacation or most frequent vacation destination?
3. Describe where your family lives today.
4. What makes your family laugh?
5. What special talents do members of your family have?
6. What physical or personality characteristics do members of your family share?
7. What are your family's favorite meals to share together?
8. What objects/keepsakes are important to your family?
9. How does your family celebrate birthdays?
10. What pastimes or hobbies do your family enjoy participating in together?
11. How has military experience affected your family?
12. What are the most challenging obstacles your family has overcome?
13. Describe the role of faith and religion in your family.
14. What historical events have had an impact on your family?
15. Describe the oldest relative you can remember.
16. Describe how each family member's first name and/or nickname was selected.
17. Describe your family's most deeply held values.
18. Describe your maternal grandparents.
19. Describe your paternal grandparents.
20. Describe how your parents met.



The Homestead
at Montrose

