

THE Northglenn Heights Lifestyle



NORTHGLENN
HEIGHTS
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
11475 Pearl Street · Northglenn, CO 80233 · (303) 452-0501

Community Leadership

Barbara Dice	Executive Director
Sharon Juarez	Business Office Director
Nellie Otero	Marketing Director
Autumn Stringer	Memory Care Director
Shreya Panwala	Activities Director
Shannon Steele	Culinary Director
Anthony Holden	Facilities Director

Welcome to the Community

My name is Barbara Dice and I am honored to be the new Executive Director here at Northglenn Heights. I have met the most wonderful residents, families and team members. Thank you all for making me feel welcome.

I have been involved in the Assisted Living industry for the past 20 years as an Executive Director at several large Assisted Living and Memory Care organizations. As an experienced Administrator, I love what I do. I feel lucky that I found my passion at a young age and have many fond memories of the times I spent with my grandparents and great-grandparents.

I'm a Nationally Certified and Colorado licensed Assisted Living Administrator and enjoy remaining active in the Assisted Living industry, both locally and nationally, as an invited speaker at conferences and professional groups. I'm looking forward to getting to know you all. I'm sure you all can imagine trying to meet all the residents and family members at Northglenn Heights can be a big task, but as you all know, my early days brought a few surprises here at the community. As things are settling down, I'm getting excited to be popping into exercise class and getting to attend more Happy Hours, so I can check out all of your dance moves!

I enjoy hosting two of my own events each month and hope you all will join me. This month I'll be having "Enrich Your Life with Barb." My second get-together will be "Spilling the Tea with Barb," an afternoon teatime for us to sit and chat by the fire over a cup of tea and some goodies. You will also learn in time that I'm a storyteller.

NOVEMBER 2023



Veterans Day

On Veterans Day, we pay tribute to the men and women who have served and who continue to serve our country in the armed forces. Take a moment on Nov. 11 to honor those heroes whose dedication has kept our liberties intact. If you are a veteran, we'd like to thank you for your courage and service. With respect and in honor of Veterans Day, I'll be sharing a story of my Great Uncle Jack. On Saturday, November 11, 2023, we will all honor and remember all those who have served in the Armed Forces.

Veterans Day Ceremony

To pay tribute to our respective community veterans, our community activity staff is very excited and happy to invite the Captain of Honor guards and his team from the American Legion Post 22, to conduct the Veterans Day Ceremony on Thursday, 9th November, 2023, from 2 pm to 3 pm. We are very thankful to all the Legion staff for performing the ceremony for our respective senior veterans. Family members are encouraged to come and pay tribute to our veterans.

NOVEMBER 2023

Happy Birthday!

Happy birthday to all our residents celebrating birthdays this month! The world is a better place because you're here. We think you're great for our community, too! Have a wonderful day.

Residents' Birthdays

- 1 Leslie K.
- 2 Elizabeth J.
- 3 Elsie K.
- 4 Lois K.

Welcome, New Residents

We are proud to have so many wonderful residents here in our community! You get a special feeling each time you walk through the property and see so many friendly faces. If you see one of our new residents, stop and say hello. Anyone can be a neighbor, but it takes a special person to be a friend.
-From All Staff Members

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."
—Charlotte Rae

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Residents' Birthdays 1. Leslie K. 11/4 2. Elizabeth J. 11/5 3. Elsie K. 11/10 4. Lois K. 11/22		1 10:00 Morning Workout 10:30 Daily Chronicles 11:00 Paint & Sip 1:30 Thanksgiving Decorations 2:30 Hydration Hour 3:15 Bingo	2 Dia De Los Muertos 10:00 Sit & Be Fit Exercises 10:30 Daily Chronicles 11:00 Thank-You Posters 1:30 Let's Play Blackjack 2:30 Pumpkin Spiced Latte Social 3:00 Veterans Day Decorations	3 10:00 Noodle Exercises 10:30 Daily Chronicles 11:00 Veterans Day Banners 1:30 One-to-One Resident Connections w/ Shreya 1:45 Birthday Cards 3:00 Happy Hour w/ Stuart	4 Happy Birthday Leslie K. 10:00 Go for a Walk 11:00 Daily Chronicles & Word Search- Collect From the Front Desk 2:00 Finish the Word Search 3:00 New Christian Life Church Services 3:15 Movie of the Day "Gilda" (On YouTube)
5 Happy Birthday Elizabeth J. 9:30 Collect your Daily Chronicles - From Front Desk Staff 10:00 Take a Walk in the Hallway 10:30 Catholic Services 1:45 Bible Study w/ Chaplain Rev Rich Williams 2:45 Meet & Greet Your Community Neighbors 3:30 Movie of Your Choice	6 National Nachos Day 10:00 Exercises 10:45 Thanksgiving Banner Made with Doilies 1:30 "Zack," our Therapy Dog 1:30 Inspirational Stories 2:00 Join us For Fun "Nachos & Dip" Afternoon Social 3:15 Bingo	7 U.S. General Election Day 10:00 Flex & Stretch Exercises 10:30 Daily Chronicles 10:45 Veterans Day Flags 1:30 Poker Club 2:30 Coffee & Tea Social 3:15 Sing-Alongs w/Shreya	8 9:45 Morning Workout 10:30 Residents' Council Meeting 1:30 Afternoon Trivia 2:00 Let's Make Pine Cone Turkeys 2:30 Hydration Hour 3:00 Bingo	9 Veterans Day Ceremony 10:00 Sit & Be Fit Exercises 10:30 Daily Chronicles 11:00 Patriotic Songs 12:00 Veterans Day BBQ 2:00 Veterans Day Ceremony 3:30 Veterans Day Cards	10 Happy Birthday Elsie K. 10:00 Noodle Exercises 10:30 Daily Chronicles 11:00 Thanksgiving Preparations: Mini Pumpkin Vases 1:30 One-to-One Resident Connections w/ Shreya 3:00 Happy Hour w/ Tim	11 Veterans Day 10:30 Patriotic Music Party w/ Shreya 1:30 Watch the Live News: Veterans Day Celebration 2:00 Finish the Word Search 3:00 New Christian Life Church Services 3:15 Movie of the Day "Green Grass of Wyoming 1948" (On YouTube)
12 9:30 Collect your Daily Chronicles - From Front Desk Staff 10:00 Take a Walk in the Hallway 10:30 Catholic Services 1:45 Bible Study w/ Chaplain Rev Rich Williams 2:45 Enjoy Chicken Soup Stories for the Soul-Front Desk 4:00 Watch the CBS News Live	13 Caregivers' Appreciation Day 10:00 Exercises 10:30 Daily Chronicles 11:00 Solve the Riddles 1:30 "Zack," our Therapy Dog 1:30 Inspirational Stories 2:00 Popcorn Social 3:15 Bingo	14 10:00 Flex & Stretch Exercises 10:30 Daily Chronicles 11:00 Make Thanksgiving Invitations 1:30 Poker Club 2:00 Word Search of the Day 3:00 Spill the Tea w/ "Barb"	15 Happy Birthday Elizabeth J. 10:00 Morning Workout 10:45 Prepare Your Thanksgiving Wreath with us 1:30 Fun Riddles 2:30 Hydration Hour 3:00 Bingo	16 10:00 Sit & Be Fit Exercises 10:30 Daily Chronicles 11:00 Make Acorn Banners 1:30 Let's Play Blackjack 2:30 Apple Cinnamon Cupcakes 3:00 Discussions: All About Thanksgiving 3:30 Thanksgiving Jingo	17 World Peace Day 10:00 Noodle Exercises 10:30 Daily Chronicles 11:00 Come & Learn Scrabble 1:30 One-to-One Resident Connections w/ Shreya 3:00 Happy Hour w/Big Bingo	18 10:00 Go for a Walk 11:00 Daily Chronicles & Word Search- Collect From the Front Desk 2:00 Finish the Word Search 3:00 Movie of the Day "Utopia" (On YouTube) 3:00 New Christian Life Church Services
19 Thanksgiving Holiday Party W/ Families 10:30 Catholic Services 11:00 Get Ready for the Party 12:00 Thanksgiving Holiday Party 12:30 Dine & Live Holiday Music w/ Jeff 1:30 Meet & Greet Your Community Neighbors 3:30 Collect your Daily Chronicles - From Front Desk Staff	20 10:00 Exercises 10:45 Creative Kitchen: Fall Sugar Cookie Decorations 11:00 Solve the Riddles 1:30 "Zack," our Therapy Dog 1:30 Inspirational Stories 2:00 Popcorn Social 3:15 Bingo	21 10:00 Flex & Stretch Exercises 10:30 Daily Chronicles 11:00 Thanksgiving Trivia 1:30 Poker Club 2:30 Word Search of the Day 3:15 Sing-Alongs w/Shreya	22 Happy Birthday Lois K. 10:00 Morning Workout 10:45 Let's Make Thankful Banners 1:30 Let's Make Thanksgiving Cards 2:30 Hydration Hour 3:15 Bingo	23 Happy Thanksgiving 10:00 Daily Chronicles 10:30 Morning Prayers & Gatherings 11:00 Thanksgiving Word Search 12:00 Thanksgiving Holiday Feast 1:30 Meet & Greet Your Neighbors 3:00 Movie Special: Elvis Presley Loving You 1957	24 10:00 Noodle Exercises 10:30 Daily Chronicles 11:00 Come & Learn Scrabble 1:30 One-to-One Resident Connections w/ Shreya 3:00 Happy Hour w/ Andre Rieu Concert on White Screen	25 10:00 Go for a Walk 11:00 Daily Chronicles & Word Search- Collect From the Front Desk 2:00 Finish the Word Search 3:00 Movie of the Day "Flying Deuces" (On YouTube) 3:00 New Christian Life Church Services
26 9:30 Collect your Daily Chronicles - From Front Desk Staff 10:00 Take a Walk in the Hallway 10:30 Catholic Services 1:05 Denver Broncos vs Cleveland Browns 2:45 Meet & Greet Your Community Neighbors 4:00 Watch the CBS News Live	27 10:00 Exercises 10:45 Creative Kitchen: Let's Make Pumpkin Spiced Cupcakes 11:00 Solve the Riddles 1:30 "Zack," our Therapy Dog 1:30 Inspirational Stories 2:00 Popcorn Social 3:15 Bingo	28 10:00 Flex & Stretch Exercises 10:30 Daily Chronicles 11:00 Flower Arrangements 1:30 Poker Club 2:30 Crossword Puzzles & Tea Social 3:15 Sing-Alongs w/Shreya	29 10:00 Morning Workout 10:30 Daily Chronicles 11:00 Darts 1:30 Afternoon Trivia 2:30 Hydration Hour 3:00 Grand Celebration & Live Music w/Bobbie: All November Birthdays?	30 10:00 Sit & Be Fit Exercises 10:30 Daily Chronicles 11:00 Paint & Sip 1:30 Let's Play Blackjack 2:30 Enrich Your Life w/ "Barb" 3:30 Darts	<p style="text-align: center;">THANK YOU VETERANS</p> <p style="text-align: center;">★ ★ ★</p>	
<p>All Events are Subject to Change as per the Weather & Unexpected Situations that rise all of a sudden</p>						

Meet JW

JW is our oldest resident, who has been with our community by herself for the last 25 years and has switched to 3 different apartments so far. JW is a Catholic Coordinator and has helped us to reorganize our library. We can't say thank you enough for being one of our most valued residents. Please stop by her room, 125, to congratulate her on finishing the most valuable time of her life with us. You are one of the stars that keeps on shining in our community.

We Salute You, Appreciate You All the Caregivers

Think of the word "caregiver" and you're unlikely to question how the term got its name. To care is "to be concerned" and to give is to "offer to another." Someone who offers their concerns for another is compassionate, kindhearted and undoubtedly needed. For all the things caregivers do, from assisting with everyday tasks to providing companionship and a listening ear, they deserve much praise. We offer heartfelt thanks and a special salute to all the caregivers in our community! Happy Caregiver Appreciation Month!!

-From the Management Staff



Happiness Helper: Practice Gratitude

The Thanksgiving holiday is centered on expressing gratitude, but making it a practice throughout the year can lead to more overall happiness. Taking time to think about the things you appreciate contributes to feelings of optimism and satisfaction and a greater sense of connection to others.



Dear Friends, Families and Neighbors,

Have fun, meet your neighbors, and enjoy our activities!

Our property strives to create a sense of community among all of our residents. Please join us in our activities this month. We are hosting a Thanksgiving Holiday Special Lunch Party with live entertainment on the Sunday, 19th of November, 2023, between 12 pm and 2 pm, a few days before the actual day of Thanksgiving. Please call the front desk at 303-452-4501 to sign up and RSVP by 13th November 2023, for the Family Thanksgiving Holiday Lunch Party. If you have any questions or comments about the specifics, please feel free to contact us. We look forward to seeing you, and we will be always at your service.



Linda H.

Meet our Residents' President, Linda H. We are very happy to inform you that Linda is the voice of our residents' needs.

Last month, a yard sale was organized with the help of all staff, residents and Linda herself played a lead role in it. She helps residents in raising funds for running the Bingo activity for the whole community. We are very grateful to what you do and we appreciate you.



Group Exercises

The community residents always wait for their daily exercise class.

They love doing their group exercises, where they get a chance to see each other and get their morning workout done.



Residents enjoyed participating in the Halloween crafts and were very helpful in making the pumpkin scary faces, which were used as part of the community Halloween decorations.

