

THE Northglenn Heights Lifestyle



NORTHGLENN HEIGHTS
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE 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, November 9th, 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

Residents' Birthdays

- 1 Carole H. 11/22
- 2 Rosemary B. 11/30

Happy Birthday

You're not getting older—you're getting better! Happy birthday to all our residents celebrating birthdays this month. Remember, age is just another number and this is the one time each year when you can have your cake and eat it, too!

Welcome to Our Community

We would like to take this opportunity to extend a warm welcome to all of our new residents. We want you to be comfortable in your new home, and we'd like your suggestions about how we might help. Good, bad, or indifferent—we want to hear your comments. They are our best guidelines for serving you better. Thanks!

-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 • 11/22 Carole H. • 11/30 Rosemary B.		1 9:45 Balloon Badminton 10:45 Thanksgiving Signs 1:30 Daily Chronicles & Readings 2:00 Oatmeal Raisin Cookies & Easy Listening 2:30 Walking Club 3:30 Bingo	2 9:30 Daily Chronicles 10:45 Roll the Can 1:30 Afternoon Stroll 2:00 Pumpkin Spiced Latte Tasting 2:30 Music Therapy 3:30 Book Club	3 9:30 Thanksgiving Pencil Art 10:45 Balloons & Noodles 2:00 Brain Games (collect from the front desk Staff) & '50s Hit Songs on TV 3:30 Movie Special: "The Last Time I Saw Paris"	4 10:30 Morning Walk 11:00 Daily Chronicles -Collect From Front Desk 1:30 Pictures Sorting & Organizing 3:00 New Life Christian Church Services 3:30 Active Minds Water Painting
5 9:45 Daily Chronicles 10:30 Catholic Services 10:40 Exercises 1:30 Bible Study w/ Chaplain Rev Rich Williams 2:30 Afternoon Stroll 3:15 Fall Leaf Bowl	6 National Nachos Day 9:40 Daily Chronicles 10:45 Morning Exercises 1:30 Dog Therapy with "Zack" 2:30 Join us For some "Nachos & Dip" 3:00 Water the Plants 3:45 Caregiver Appreciation Cards	7 U.S. General Election Day 9:45 Chair Yoga 10:15 Daily Chronicles 10:45 Veterans Day Art 1:30 Individual & Group Activities 2:15 Popcorn Social 3:00 Nail Care Spa & Hand Massages	8 9:45 Balloon Badminton 10:45 Baking Club: Apple Cinnamon Muffins 1:30 Daily Chronicles & Readings 2:30 Muffin Break 2:30 Walking Club 3:30 Bingo	9 Veterans Day Ceremony 9:30 Daily Chronicles 10:00 Morning Workout 10:40 Veterans Day Hats 12:00 Veterans Day BBQ 2:00 Veterans Day Ceremony 3:45 Blackjack	10 9:30 Veterans Day Live Ceremony on News 10:45 Balloons & Noodles 2:00 Brain Games & Daily Chronicles (collect from the front desk Staff) 3:30 Thanksgiving Bingo	11 Veterans Day 10:30 Morning Stroll 10:30 Patriotic Music Party w/ Shreya 11:00 Daily Chronicles -Collect From Front Desk 3:00 New Life Christian Church Services 3:30 Veterans Day Painting
12 9:45 Chicken Soup Stories for the Soul 10:30 Catholic Services 10:40 Exercises 11:00 Daily Chronicles 1:30 Bible Study w/ Chaplain Rev Rich Williams 2:30 Afternoon Stroll 3:15 Pine Cone Owls Crafts	13 Caregivers Appreciation Day 9:40 Daily Chronicles 10:30 Morning Exercises 11:00 Morning Trivia 1:30 Dog Therapy with "Zack" 2:30 Music Therapy 3:15 Bingo	14 9:45 Chair Yoga 10:15 Daily Chronicles 11:00 Paint a Picture 1:30 Individual & Group Activities 2:30 Popcorn Social 3:00 Nail Care Spa & Hand Massages	15 9:45 Balloon Badminton 10:45 Baking Club: Chocolate Chip Cookies 1:30 Daily Chronicles & Readings 2:30 Cookie Break 2:30 Walking Club 3:30 Bingo	16 9:30 Daily Chronicles 10:45 Roll the Can 1:30 Afternoon Stroll 2:00 Pumpkin Spiced Cupcakes 2:30 Music Therapy 3:30 Book Club	17 9:30 Thanksgiving Pencil Art-World Peace Day 10:45 Balloons & Noodles 2:00 Brain Games & Daily Chronicles (collect from the front desk Staff) 2:30 Peanut Butter & Jelly Sandwiches 3:30 Thanksgiving Bingo	18 10:30 Word Search of the Day 11:00 Daily Chronicles -Collect From Front Desk 1:30 Pictures Sorting & Organizing 2:00 Walking Club 3:00 New Life Christian Church Services 3:30 Active Minds Water Painting
19 9:45 Daily Chronicles 10:30 Catholic Services 10:40 Get Ready for the Party 12:00 Thanksgiving Holiday Party 12:30 Dine & Live Holiday Music w/ Jeff 2:30 Afternoon Stroll 3:15 Fall Door Hangers	20 9:40 Daily Chronicles 10:45 Morning Exercises 1:30 Dog Therapy with "Zack" 2:30 Aromatherapy 3:00 Water the Plants 3:45 Parachute	21 9:45 Chair Yoga 10:15 Daily Chronicles 11:00 Paint a Picture 1:30 Individual & Group Activities 2:30 Popcorn Social 3:00 Nail Care Spa & Hand Massages	22 Happy Birthday Carole H. 9:45 Balloon Badminton 10:45 Baking Club: Pumpkin Cinnamon Muffins 1:30 Daily Chronicles & Readings 2:30 Coffee/ Tea Chats 2:30 Walking Club 3:30 Bingo	23 Thanksgiving 9:30 Daily Chronicles 10:45 Roll the Can 12:00 Thanksgiving Holiday Special Feast 1:30 Afternoon Stroll 2:00 Tea & Coffee Hour 2:30 Music Therapy 3:30 Holiday Special Movie "That Touch of Mink"	24 9:30 Word Search of the Day 10:45 Balloons & Noodles 2:00 Brain Games (collect from the front desk Staff) 3:00 Movie Special: "Elvis Presley Loving You 1957"	25 10:30 Morning Walk 11:00 Daily Chronicles -Collect From Front Desk 1:30 War Time Sing-Alongs 3:00 New Life Christian Church Services 3:30 Active Minds Water Painting
26 9:45 Daily Chronicles 10:30 Catholic Services 10:40 Exercises 1:30 Guess the Price Game 2:05 Denver Broncos Vs Cleveland Browns 2:15 Popcorn & Football 3:30 Afternoon Stroll 4:00 Riddles	27 9:40 Daily Chronicles 10:45 Morning Exercises 1:30 Dog Therapy with "Zack" 2:30 Parachute 3:00 Aromatherapy 3:45 Afternoon Trivia	28 9:45 Chair Yoga 10:15 Daily Chronicles 11:00 Paint a Picture 1:30 Individual & Group Activities 2:15 Popcorn Social 3:00 Nail Care Spa & Hand Massages	29 9:45 Balloon Badminton 10:45 Chocolate Chip Muffins 1:30 Daily Chronicles & Readings 2:30 Tea & Coffee Social w/ Muffins 2:30 Walking Club 3:00 Grand Celebration w/ Live Music: All November Birthdays	30 Happy Birthday Rosemary B. 9:30 Daily Chronicles 10:45 Roll the Can 1:30 Afternoon Stroll 2:00 Hot Chocolate Social 2:30 Music Therapy 3:30 Book Club		
						All Events are Subject to Change as per the Weather & Unexpected Situations that rise all of a sudden

Energize With Exercise

It may be the last thing on your mind when you're tired, but exercise can often fight fatigue better than a nap or cup of coffee. Our residents enjoy their exercises with balloons and noodles. It makes them feel actively involved and encourages their functional independence. The residents love to do different forms of exercise.



Senior Olympics

Last month, residents participated in the Senior Olympics, where they passed through rounds of different games, and the winners were awarded a medal, thereafter.

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

Breathe in Fall Fragrances

Surround yourself with the fragrances of fall by looking for scented products in woody or spicy aromas, such as cinnamon, clove, eucalyptus, juniper berry and pine.

Holiday Fun

We'd like to encourage all our residents to revel in the holiday spirit. We're planning tons of activities to celebrate the season—be on the lookout for details!

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, November 19th, 2023, between 12 pm-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 November 13th, 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.

Sincerely,
Your Community Management Staff