



Columbine Commons

Happenings

MARCH 2020



1475 Main Street
Windsor, CO

970-449-5540

MEET OUR COLUMBINE COMMONS DEPARTMENT HEADS:

ADMINISTRATOR
Palmer Withrow, NHA

ACTIVITIES
Nikki Beeble, BS

ADMISSIONS
Joanne Gray, BS

DIETARY SUPERVISOR
Tracy Rohrig, RD

DIRECTOR OF NURSING
Charity Beaman, RN

EXECUTIVE CHEF

**HOUSEKEEPING
SUPERVISOR**
Maria Gomez

MAINTENANCE
Chris Bennett

OFFICE MANAGER
Katie Hawk, BS

SOCIAL SERVICES
Joanne Gray, BS



Dorothy, Judy and Maxine



WHAT HAPPENED LAST MONTH?

Ladies Only Event

The floral arranging activity was a spectacular success thanks to our special guest, Miss. Loveland Valentine!

Mardi Gras Celebration

Trombones, drums, trumpets, and more! The Poudre River Irregulars dazzled us again with another Fat Tuesday celebration for the record books!

Game Night: Left, Right, Center

Unfortunately game night was canceled due to illness. Check your calendar as it has been rescheduled for this month!

WHAT'S GOING ON IN MARCH?

Chez Vous- Would you like a new Spring outfit? Or to buy a gift for a loved one? Our friends at Chez Vous Boutique will be back Monday, March 16th for you to shop for women's clothes and accessories.

Shamrock Floats- We all love it when ice-cream is delivered right to our door! This St. Patrick's Day your dreams will come true as Shamrock Floats will be passed out door-to-door for all residents and staff to enjoy!

Wildlife Photography Presentation- On Friday, March 27th join our special guest, Lynn Hough, as he shares with us his collection of wildlife photography.

Shirley's Quilt Show - We have some very talented quilters in our midst! On **March 30th**, our very own Shirley K. and her daughter Sandy, will be displaying some of their favorite quilting projects in the activity room for us to marvel over.



Shelly's Beauty Bar

Shelly's Beauty Bar is open Tuesday – Friday, 9-3PM. To schedule an appointment with Shelly please call (970) 388-1144 or speak with a staff member. Her services are open to friends and family too, so spread the positive word!

SERVICES

- Adult Haircut \$20
- Kids Cut (under 12) \$15
- Shampoo Set/Iron Curl/Blowout \$20
- Hair Color – Short \$45/ Highlights \$45
- Hair Color –Medium \$65/ Highlights \$65
- Hair Color – Long \$85/ Highlights \$85
- Perms \$50/\$65/\$85 (specialty wrap)
- Manicure (water or hot oil) \$20
- Polish Change \$7
- Pedicure \$30
- Toenail Trimming \$10
- Nail Trimming \$5
- Make Up Application \$20
- Beard Trim \$5
- Facial Hair Removal \$7

OUTINGS

Don't forget to sign up early for outings. Outing transportation is limited so please be considerate only sign up for a couple events!

- **March 5th**- Join us for coffee and pastries at **Windsor Lake Coffee**. The bus leaves at 8:30AM. Sign up quick this is a popular Windsor favorite!
- **March 10th** – Join us for shopping at **Walmart**. The bus leaves at 8:30AM. Spots fill quickly so sign up today!
- **March 17th** – Join us for breakfast at **First Watch**. The bus leaves at 8AM. Sign up at the information station.
- **March 24th** – Join us for shopping at **Target**. The bus leaves at 8:30AM. Spots fill quickly so sign up today!
- **March 26th** – Join us for lunch at **BJ's Brewhouse**. The bus leaves at 11:30AM. Spots fill quickly so sign up today!
- **March 31st**– Join us for shopping at the **Dollar Tree!** The bus will leave at 10:30AM and we will be back in time for you to have lunch!

ANNOUNCEMENTS

Parking Lot Parking

Please remember the roundabouts outside of the front entrances are drop-off and pick-up zones! If you are planning on visiting, please park in the parking lots to allow for less congestion outside the front doors, thank you!

30-FOR-30

The 30/30 program is a private pay program that is 30 for 30 minutes with a member of the therapy staff. This program is dictated by the patient or responsible party and supervised/supported by a staff member to maintain current levels of function, strength, balance, etc.

Since this is a private pay program, the amount of visits/frequency of visits is fully up to the individual. If you are interested in the 30/30 program please reach out to Joanne in Social Services.



DINING AT COLUMBINE COMMONS

We are excited to have guests dining with our residents! Sharing a meal is a wonderful way to connect with loved ones and friends. We have a few requests to help us better serve you;

1. We have private dining rooms that can be booked with advanced notice. These are very nice if you would like a more private dining experience or have more than a few guests. By booking the private dining rooms, we can ensure quicker meal service and be prepared for more guests. Please see the front desk to make arrangements.
2. If you plan on joining your loved one for a meal, advanced notice is appreciated, so we can plan accordingly with meal preparations. As always, we welcome you any time, notice or not. If you can let us know in advance, please do.

Resident Transportation Please let the nurse on duty know if you or your loved one has an appointment, even if you will not need transportation to the appointment. This allows us time to get the correct and current paperwork

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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MARCH

<p>1 9:00AM Sunday Stretch (AR) 9:30 AM Catholic Communion (LIB) 1:30 PM Church Service (DR) 2:15PM Social (DR)</p>	<p>2 9:30AM Early Bird Exercise (AR) 10:00AM Food Meeting (DR) 1:30PM Travel To... (AR) 2:30PM Jeopardy (AR) 3:15PM Wii Bowling (AR) 6:15PM Wine and Painting Night</p>	<p>3 9:30 AM Exercise with Sherri (AR) 10:30AM Drama Club (AR) 1:00PM Word Origins (AR) 1:45PM Bible Devotional (AR) 3:00PM Quarter Bingo (DR)</p>	<p>4 Chaplain On Site 9:30AM Early Bird Exercise (AR) 9:30AM Animal Visit: Mocha (L) 10:00AM Coloring Club (AR) 11:00AM Coffee and News (AR) 1:00 PM Chinese Checkers & Mexican Train (DR) 2:00PM Animal Visit :Sasha (L) 2:00PM Art with the Windsor Arts and Heritage Museum (AR)</p>	<p>5 Massage Therapist On Site 8:30AM Windsor Lake Coffee 9:30AM Early Bird Exercise (AR) 10:00AM Animal Visit- Dixie (L) 10:00AM Church Hymns with Lynn (DR) 1:00PM Chair Flair Dance Class (AR) 3:00PM Quarter Bingo (DR) 3:00PM Animal Visit- Zanny (L) 6:30PM Dog Visit: Misha (L)</p>	<p>6 Happy Birthday Bud! Chaplain On Site 9:30AM Mindful Movement (AR) 10:00AM Morning Inspiration Jayme (AR) 1:00PM New Resident Coffee Circle(AR) 2:30PM Happy Hour with Marc (DR) 4:00PM Windsor Youth Volunteers: Walker, Wheelchair, Glasses Cleaning (AR)</p>	<p>7 9:00AM Early Bird Exercise (AR) 9:45AM Wii Bowling 1:00PM Crosswords 2:30PM Quarter Bingo (DR)</p>
<p>8 9:00AM Sunday Stretch (AR) 9:30 AM Catholic Communion (LIB) 1:30 PM Church Service (DR) 2:15PM Social (DR) 3:00PM Matinee Movie (AR)</p>	<p>9 9:30AM Early Bird Exercise (AR) 10:15AM Needle Work Circle (AR) 1:30PM Resident Council (DR) 2:30PM Jeopardy (AR) 3:15PM Wii Bowling (AR) 6:15PM Game Night: Left Right Center(AR)</p>	<p>10 National Administrators Day 8:30AM Walmart Outing 9:30 AM Exercise with Sherri (AR) 11:00AM Kings In The Corner (AR) 1:00PM Word Origins (AR) 1:45PM Bible Devotional (AR) 3:00PM Quarter Bingo (DR)</p>	<p>11 National Dietician Day Chaplain On Site 9:30AM Early Bird Exercise (AR) 9:30AM Animal Visit- Mocha (L) 10:00AM Coloring Club (AR) 11:00AM Coffee and News (AR) 1:00PM Chinese Checkers & Mexican Train (DR) 2:00PM Animal Visit :Sasha (L) 1:15PM Hot Towel Hand Massage (AR) 2:30PM Exercise Games: Corn Hole (AR)</p>	<p>12 Massage Therapist On Site 9:30AM Early Bird Exercise (AR) 10:00AM Animal Visit- Dixie (L) 10:00AM Crosswords (AR) 12:45PM Animal Visit: Cubby 1:15PM Clearview Library Visit (AR) 2:00PM Chair Flair Dance Class (AR) 3:00PM Quarter Bingo (DR) 3:00 PM Animal Visit- Zanny (L) 6:30PM Dog Visit: Misha (L)</p>	<p>13 Chaplain On Site 9:30AM Mindful Movement (AR) 10:00AM Morning Inspiration Jayme (AR) 11:30PM Men's Lunch (AR) 1:00PM Blackjack (AR) 2:30PM Happy Hour with Kendra (DR)</p>	<p>14 9:00AM Early Bird Exercise (AR) 9:45AM Wii Bowling 2:30PM Quarter Bingo (DR)</p>
<p>15 9:00AM Sunday Stretch (AR) 9:30 AM Catholic Communion (LIB) 1:30 PM Church Service (DR) 2:15PM Social (DR)</p>	<p>16 Happy Birthday Wayne! Women's Boutique On Site 9:30AM Early Bird Exercise (AR) 11:00AM- 2:00PM Chez Vous Clothing Boutique (AR) 3:15PM Wii Bowling (AR)</p>	<p>17 St. Patrick's Day 8:00AM First Watch Breakfast 9:30 AM Exercise with Sherri (AR) 1:00PM Shamrock Floats (RV) 3:00PM Quarter Bingo (DR)</p>	<p>18 Chaplain On Site 9:30AM Early Bird Exercise (AR) 9:30AM Animal Visit- Mocha (L) 10:00AM Coloring Club (AR) 11:00AM Coffee and News (AR) 1:00PM Chinese Checkers & Mexican Train (DR) 1:00PM Help Bake The February Birthday Cake (AR) 2:00PM Animal Visit :Sasha (L) 2:00PM Art with the Windsor Arts & Heritage Museum (AR)</p>	<p>19 National Social Workers Day! Massage Therapist On Site 9:30AM Early Bird Exercise (AR) 10:00AM Animal Visit- Dixie (L) 10:00AM Church Hymns with Lynn (DR) 1:30PM February Birthday Party (DR) 3:00PM Quarter Bingo (DR) 3:00 PM Animal Visit- Zanny (L) 6:30PM Dog Visit: Misha (L)</p>	<p>20 Chaplain On Site 9:30AM Morning Exercise with Jackie (AR) 10:00AM Morning Inspiration Jayme (AR) 2:30PM Happy Hour with Carl Carillo (DR)</p>	<p>21 9:00AM Early Bird Exercise (AR) 9:45AM Wii Bowling 1:00PM Crosswords 2:30PM Quarter Bingo (DR)</p>
<p>22 9:00AM Sunday Stretch (AR) 9:30 AM Catholic Communion (LIB) 1:30 PM Church Service (DR) 2:15PM Social (DR) 3:00PM Matinee Movie (AR)</p>	<p>23 9:30AM Early Bird Exercise (AR) 10:15AM Needle Work Circle (AR) 1:30PM Travel To... (AR) 2:30PM Jeopardy (AR) 3:15PM Wii Bowling (AR)</p>	<p>24 8:30AM Target Outing 9:30 AM Exercise with Sherri (AR) 11:00AM Kings In The Corner (AR) 10:00AM Animal Visit: Winnie (L) 1:00PM Word Origins (AR) 1:45PM Bible Devotional (AR) 3:00PM Quarter Bingo (DR)</p>	<p>25 Chaplain On Site 9:30AM Early Bird Exercise (AR) 9:30AM Animal Visit- Mocha (L) 10:00AM Coloring Club (AR) 11:00AM Coffee and News (AR) 1:00PM Chinese Checkers & Mexican Train (DR) 2:00PM Animal Visit :Sasha (L) 1:15PM Hot Towel Hand Massage (AR) 2:30PM Exercise Games: Parachute(AR)</p>	<p>26 Massage Therapist On Site 9:30AM Early Bird Exercise (AR) 10:00AM Animal Visit- Dixie (L) 11:30 AM BJ's Brewhouse Outing 1:15PM Clearview Library Visit (AR) 2:00PM Chair Flair Dance Class (AR) 3:00PM Quarter Bingo (DR) 3:00 PM Animal Visit- Zanny (L) 6:30 PM Dog Visit: Misha (L)</p>	<p>27 Chaplain On Site 9:30AM Mindful Movement (AR) 10:00AM Morning Inspiration Jayme (AR) 1:00PM Blackjack (AR) 2:30PM Wildlife Photography Presentation with Lynn Hough (DR)</p>	<p>28 9:00AM Early Bird Exercise (AR) 9:45AM Wii Bowling 1:00PM Blood Pressure Clinic (AR) 2:30PM Quarter Bingo (DR)</p>
<p>29 Happy Birthday Mary Lou! 9:00AM Sunday Stretch (AR) 9:30 AM Catholic Communion (LIB) 1:30 PM Church Service (DR) 2:15PM Social (DR)</p>	<p>30 National Doctors Day 9:30AM Early Bird Exercise (AR) 10:15AM Jeopardy (AR) 1:00PM Shirley Kinney & Sandy Lueth Quilt Show (AR) 3:00PM Wii Bowling (AR)</p>	<p>31 9:30 AM Exercise with Sherri (AR) 10:00AM Animal Visit: Winnie (L) 10:30AM Dollar Store Outing 1:00PM Word Origins (AR) 1:45PM Bible Devotional (AR) 3:00PM Quarter Bingo (DR)</p>				

together to send with you. Please remember to sign in and out of the building for all appointments.

For appointments you need transportation to and/or from, please give us at least 48 hours advanced (weekday) notice. Only emergency appointments can be scheduled with less than a 48 hour notice. For transportation not related to medical appointments there is a \$25 charge.

USUAL SUSPECTS:

ANIMAL THERAPY VISITS

Attention all you animal lovers! Zanny, Dixie, Winnie, Sasha, and Cubby will be making visits this month! Animals will go to all the rooms with a paw print on the doorway. Contact Nikki or Jasmine if you are not currently enjoying a visit from our animals!

Betty



CHURCH SERVICES

Catholic Communion is held every Sunday at 9:30AM in the Assisted Living Activity Room. All are welcome including family and friends. Our Lady of the Valley in Windsor provides this service.

Sunday Service with community volunteers is held on Sundays at 1:30PM in the Assisted Living Dining Room. When offered, communion is provided by the First United Methodist Church Windsor.

CLEARVIEW LIBRARY BOOK CHECKOUT

Jason from the Clearview Library will be in once this month. He will bring books on **Thursday the 12th and 26th** the Activity Room. Please note: You will need a library card. If you do not have a card, Jason will assist you with setting one up!



March Birthday Celebration

We will celebrate all of this month's birthdays March 19th at 1:30PM with live music in the Dining Room!

BIRTHDAYS:

March 6th - Bud
March 16th - Wayne
March 29th - Mary Lou

Joie



FOOT CARE CLINIC

Toenail Trouble? The clinic price is now \$30 for services including, foot bath, foot inspection, medical pedicure (toenail trim and file), topical corn/callus debridement, & foot massage. Appointments are approximately 20 minutes per person.

If you are having difficulty reaching your feet to perform foot care for yourself and/or have other issues such as ingrown toenails, corns or calluses, Kirsten Antony R.N. can help you!

Kirsten, a Registered Nurse since 1994, has been in private practice since 2001 serving as a foot care nurse for 15 years. She is also certified in Reflexology and is a Healing Touch Practitioner. Foot care clinics will be held every two weeks. Payment is required at time of service. If you wish to schedule an appointment, please check the binder at the Information Station or see Katie at the front desk!

MASSAGE THERAPY AND FOOT REFLEXOLOGY

Diane Thomas, our massage therapist will be on site **every Thursday of this month**. Please see Nikki or Jasmine if you would like to schedule a visit!

BLOOM AT HOME AT COLUMBINE POUDRE HOME CARE

Are you or your loved one needing additional services or assistance throughout the day? Perhaps you would enjoy an extra shower, help getting started with your day, or a companion that can assist you to and from appointments. Columbine Commons is proud to partner with BLOOM at Home Non-Medical Home Care to provide personal care and companionship services. Please inquire on how BLOOM at Home can assist you by calling 970-482-5096.

HEARING CLINIC

The Hearing Rehab Center, located in Greeley, has arranged to visit Columbine Commons once a month! If you would like to make an appointment, contact Katie at the front desk. The hearing center's services include checking and cleaning your hearing aids, provide hearing screening, and cleaning the ear(s), if needed. Please take advantage of this wonderful service without leaving the facility!

Marge and Miss Loveland Valentine

