



Columbine Patio Homes

Happenings

JANUARY 2021



Torino Circle
Fort Collins, CO
970-490-1000



RING IN THE NEW YEAR!

I think the question to ask when it comes to 2020 is - WHAT THE HECK JUST HAPPENED?

As we say the cliché goodbyes to the past year and lament on how tumultuous and crazy it has been, we may find it difficult to find any positives. However, good things have indeed happened this year. Even as we continue to grapple with the forced isolation that the pandemic has laid upon us, we have found new innovative ways to connect - we've Zoomed, Facebooked, Facetimed, Skyped and WhatsApped to our hearts' content. Personally, since the pandemic began, I've touched base with many friends I haven't spoken to in years, rekindling old friendships. The need for human connection has

become stronger than it has ever been, and I suspect that will pay dividends once we can hug and dance again. I hope that time is soon to come.

That being said, we can give three cheers for science, science, science! As the vaccine begins to be distributed worldwide, we can be nothing but hopeful. Columbine's own skilled nursing and assisted living staff and residents will be administered the vaccine as early as the end of December. We are so grateful for our staff and our Columbine family and we are so grateful for you, our residents - thank you for sticking with us through it all.





And finally, for some of you, just knowing that my beloved New England Patriots are out of the playoffs may bring pleasure to your football dreams. I will, however, cry about this as I sip my eggnog.

In closing, I challenge you to look to this new year with optimism – even “cautious optimism,” a term used quite often these days, would suffice. We are almost there, and we can get through this together. Be safe, Be well and have a wonderful New Year. I can’t wait to see the good that this coming year has to offer.
#columbinestrongER

Your Manger,
Andrew

THE TORINO CIRCLE BOOK CLUB

We hope you enjoy your holiday and continue to remain safe and healthy. Since we did not meet in December, we will read two books for our first Zoom Book Club Meeting of 2021 on Monday, January 18th. The discussion on both books will be led by Mary Ellen Moyer. The books are both set in the Appalachian area of Kentucky - GIVER OF STARS by Jojo Moyes includes a murder trial and THE BOOK WOMAN OF TROUBLESOME CREEK by Kim Michelle Richardson includes a group of people with a genetic disease that causes them to have blue skin! Please read at least one book but reading both is ideal!

We need leaders for February, March and September! See the list of books below and please let Dorsis Allen know if you would like to lead the discussion. Dorsisa@bellsouth.net

For all Book Club meetings and until further notice, Andrew will email everyone a link for the Zoom meeting on the Sunday before each meeting. On that Monday at 10am, you simply click the link in your email to accept the invitation and it will take you to the meeting. Please contact Andrew with any questions or for help with setting up Zoom.

BOOK CLUB BOOKS FOR 2021!

January 18:
The Giver Of Star By Jojo Moyes
The Book Woman Of Troublesome Creek By Kim Michelle Richardson
Leader: Mary Ellen Moyer

February 15:
One Thousand White Women By Jim Furguson
Leader: To Be Determined (Email Bhagen6nt@gmail.com If Interested In Leading)

March 15:
Tall Grass By Sandra Dallas
Leader: To Be Determined (Email Bhagen6nt@gmail.com If Interested In Leading)

April 19:
Honolulu By Alan Bremerton
Leader: Vera Kohl

May 17:
The Shack By William Paul Young
Leader: Katie Fletcher

June 21:
The Oregon Trail By Rinker Buck
Leader: Donna Mc Daniel

July 19:
Flight Behavior By Barbara Kingsolver
Leader: Dawn Larmer

August 23:
American Princess By Stephanie Marie Thorton.
Leader: Nancy Wilkins

September 20:
Leadership In Turbulent Times By Dorsis Kearns Goodwin
Leader: To Be Determined (Email Bhagen6nt@gmail.com If Interested In Leading)

October 18:
Winter Garden By Kristin Hannah
Leader: Bettie Wygant

November 15:
The Tea Girl Of Hummingbird Lane By Lisa See
Leader: Dorsis Allen

December:
Holiday Party We Hope!!!
A Big Thank You To Barbara Hagen For Continuing To Facilitate Our Book Club!

NEW HAPPENINGS

Parade of Lights!
We hope that you enjoyed it! A BIG thank you to all the families, employees and friends that helped make the first ever Parade of Lights a success. A special Thank You goes to Brittany

and Stefanie from The Winslow for the idea and putting it altogether. Also, we want to thank all the Residents that bundled up and came outside to watch the parade, we appreciate your participation. Such a HUGE turn out from Torino Circle! Here’s to making it a tradition and doing it again in future years.


Join the Columbine Patio Homes Info Email Group

Help us all stay connected! Join the CPH Info Email Group in order to stay informed throughout the month. If you haven’t joined the email group yet, contact Andrew for more information or to be added to the group.

Don’t Forget – We have our own sharing Library!

Located next to the mailboxes, The Torino Sharing Library, stewarded by Dorsis Allen, is kept fully stocked. Feel free to borrow two books at a time and return them to the drop box beneath the library when you have finished reading. Don’t worry, due to Covid-19, books will be held for three days before returning to their shelves. If you would like to donate, we accept paperback or hardback in all genres. Please no DVDs, VHS, Magazines or CDs. Worn or damaged books will be discarded. Contact Andrew or Dorsis for more information.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JANUARY</h1>					1 New Years Day	2
3	4 National Trivia Day,	5	6 Trash & Recycling	7	8 Elvis Presley's Birthday!	9 
10	11	12	13 Trash Only	14	15 National Hat Day	16
17	18 Martin Luther King Jr. Day <i>The Giver Of Star</i> By Jojo Moyes <i>The Book Woman Of Troublesome Creek</i> By Kim Michelle Richardson Leader: Mary Ellen Moyer	19	20 Inauguration Day Trash & Recycling	21	22	23
24	25	26	27 Trash Only	28	29	30

31



COLUMBINE PATIO HOMES

Podiatrist

Just a reminder, Dr. Mike, podiatrist, is willing to make house calls to Torino Circle. If you are interested in his home care, please feel free to call him directly and make arrangements for his visit. Just remember payment is due at the time of service. To contact Dr. Mike please call 970-310-7635.

Community Bulletin Board

Let Andrew know if you would like to post your own announcements on our community bulletin board next to the mailboxes. Limited space available. Call or email Andrew to have your notice approved. Dorsis Allen was again wonderful enough to decorate the board for the Holiday season – Thank you Dorsis!

andrew.baker@columbinehealth.com
970-490-1000

JANUARY HOLIDAYS & DATES

- January 1st – New Year's Day - Happy New Year!
- January 4th – National Trivia Day, Jeopardy anyone?
- January 8th – Elvis Presley's Birthday!
- January 15th – National Hat Day
- January 18th – Martin Luther King Day
- January 20th – Inauguration Day

14 NEW YEARS SUPERSTITIONS FROM AROUND THE WORLD TO BRING GOOD LUCK!

1. Fill the cupboards and pantry – It's considered back luck to start the new year with bare cupboards.
2. Eat 12 grapes at midnight – A superstition originating in Spain, eat a grape for each month to bring good luck in the year ahead.
3. Kiss at Midnight – Kissing someone you love at midnight is thought to continue sentiments of love for the next year.

4. Put cash in your wallet – Enter the year with a feeling of financial prosperity.

5. Don't clean the house – This includes dishes and laundry!

6. Open the doors at midnight – Let the old year out and the new year in

7. Don't cry – Crying on New Years Day is thought to bring a year of sadness.

8. Eat collard greens and black eyed peas – This Southern tradition is thought to bring good luck and prosperity.

9. Carry an empty suitcase – In Colombia, carrying an empty suitcase is seen to bring a year of adventure!

10. Eat herring – In German and Scotland, eating pickled or fresh herring at midnight is good luck.

11. Skip eating lobster – In multiple cultures, eating lobster before midnight is bad luck because they move backwards, therefore setting you up for a year of setbacks.

12. Skip the chicken – Similarly to lobster, eating chicken is thought to bring bad luck. Because chickens have wings, all your luck could fly away!

13. Make some noise – Did you know the tradition of using noise makers at midnight originated from a superstition that making loud noise would scare away evil spirits and omens?

14. Were you born on New Years Day? – This superstition says you'll automatically be lucky throughout your entire life!

MONTHLY MINDFULNESS CHALLENGE

Mindfulness involves being focused on the present moment and not worrying about the past or future. Mindfulness has been shown to be effective at helping regulate emotions, manage stress, and live happier and healthier lives. Try to incorporate this mindfulness practice this month!

The mindfulness practices listed below are from "Tiny Buddha's 365 Tiny Love Challenges" by Lori Deschene, 2015.

- Do something to make your life easier. Ask someone for help with something, cancel something you don't absolutely have to do, or decide to let something go instead of dwelling on it. Thank someone in your life for an intangible gift they have given you. For example, their time, attention, understanding, or support.

If any residents are interested in submitting a poem, short story, article, recipe, etc. for future newsletters, please contact Andrew!

TRASH & RECYCLING SCHEDULE:

Wednesday, January 6th Trash & Recycling
Wednesday, January 13th Trash Only
Wednesday, January 20th Trash & Recycling
Wednesday, January 27th Trash Only

CARE MANAGEMENT SERVICES

Did you know that Columbine Health Systems provides Care Management Services? Care managers can help you to keep your independence by providing assistance with insurance navigation, bill payments, attending doctor's appointments, finding resources regarding home health care and other in-home services, communication between you, your family and your providers and much, much more. They advocate for YOU! Contact Anna Von Dreele (970) 619-0082 or Andrew at the Worthington front desk (970) 490-1000 for more information.



MAINTENANCE ANNOUNCEMENTS

Maintenance can assist with hanging personal items as time allows and will provide basic hardware. Any hardware beyond what we consider basic (shelves, nuts, bolts, hangers, TV mount, etc.) for personal use should be supplied by the tenant. Grab bars are supplied and installed free of charge.

Reminder: Maintenance is available on-call for emergent needs on weekends and after hours. Some examples of a maintenance emergency include: Air conditioning or heat not working, no hot water, water leaks or flooding, and egress related issues. Note: If your smoke detector is alarming and saying “fire” or “carbon monoxide”, please contact 911, do not contact the front desk.

Please do not put nails in any of the doors, woodwork or cupboards. You may find which hooks are acceptable by checking with maintenance first. Maintenance is not allowed to work on personal appliances, move tenants’ furniture, flip mattresses or work on residents’ automobiles or electric scooters.

MAINTENANCE REMINDERS AND NOTICES:

- Remember, Pest control from EnviroPest occurs once a month on the 28th of each month. This continues throughout the Winter months.
- Snow removal – as Winter nears, just a brief reminder that we will take care of clearing your driveways, sidewalks, walkways and front patios of snow and ice. You may remove flowers pots and other items from your sidewalks and patios if you wish to ensure maximum snow cleaning.
- We are waiting to hear from Western States Fire on the status of sprinkler testing. We apologize for any inconveniences

For a maintenance request or any further questions, call The Worthington front desk at **(970) 490-1000**.

FRIENDLY REMINDER!

Please remember to wear your masks when you are out walking around the circle and The Worthington. We thank you for your cooperation!

Columbine Patio Homes is dedicated to preventing the spread of the novel coronavirus (COVID-19). The primary source of information for prevention and management is found on the Centers for Disease Control and Colorado Department of Public Health and Environment websites. Please note we encourage wearing masks and maintaining social distancing in a community space to help prevent the spread of the illness. Please wear your mask securely over your nose and mouth when in a community space. Social distancing means keeping a physical distance between yourself and others. The CDC recommends a distance of at least 6 feet to prevent the spread of germs. Thank you for helping to keep our community healthy and safe. Please call The Worthington front desk if you are experiencing symptoms of Covid-19.

