



Columbine Patio Homes

# Happenings



MAY 2021

Torino Circle  
Fort Collins, CO  
970-490-1000



### **Columbine Fortitude: Courage in the Face of Adversity**

Floriography (“The language of flowers”) might not be known to many of us today, but for some cultures, it was or still is an expression of meaning and emotion. From British Shakespeare to Japanese Ikebana, flowers express human emotion and meaning. Interestingly, in Victorian floriography, our namesake, the columbine, means “Fortitude: Courage in the face of adversity.”

The columbine certainly upholds its reputation! If you have ever hiked in Colorado, you have probably witnessed columbine flowers that thrive by weaving through rock cracks and crags. Casting deep roots to find nutriment, they thrive on little, yet still break out in varieties of purple, yellow and white blossoms each May. They thrive regardless of conditions.

On May 13th, using the Columbine flower as our symbol, we will commemorate the journey we have experienced together through the COVID pandemic. Our conditions have been harsh at times: we have faced sacrifice, fear, isolation, and exhaustion. We have had setbacks, disappointments, and tears. And yet, we-residents, staff, administrators, and families-have emerged this Spring-much as the Columbine does- ready to continue forward.

We hope you will join your facility in a moment of silence and planting of a columbine to express our many emotions of this past year. Together we will commemorate the courage of our residents, the faithfulness of our loved ones and the fortitude of our staff.

Thank you,  
Chaplain Rebecca McFee



### The Torino Circle Women's Book Club

The book club had a successful meeting in April at the home of Dawn Larmer. The next Torino Women's Book Club meeting will be on Monday, May 17th at the home of Katie Fletcher, #871 at 10:00am.

The book we are reading for May is "The Shack" by William P. Young. It was a USA Today Bestseller in 2008 and was adapted into a movie in 2010 starring Octavia Spencer.

Mackenzie Allen Phillips's youngest daughter, Missy, has been abducted during a family vacation, and evidence that she may have been brutally murdered is found in an abandoned shack deep in the Oregon wilderness. Four years later, in the midst of his great sadness, Mack receives a suspicious note, apparently from God, inviting him back to that shack for a weekend. Against his better judgment he arrives at the shack on a wintry afternoon and walks back into his darkest nightmare. What he finds there will change his life forever.

Lots of changes for the book club because of the pandemic last year! Hope we all can be patient and keep up. For May 17th, please wear a mask and bring your own beverage.

I look forward to seeing everyone!  
Come bring your comments and questions!

Barbara

A big thank you to Barbara for continuing to facilitate our Book Club. Contact her if you would like to join!

## NEW HAPPENINGS

### Direct Debit

Beginning June 1st, 2021, Columbine Health Systems will be moving to 100% Direct Debit payment processing for new residents. Current Patio Home residents will be asked to change to Direct Debit by July 1st, 2021. This change will streamline our billing process and make transactions safer and less susceptible to fraud. Please contact Andrew for a Direct Debit form and for any questions or concerns.

### Landscaping

- There have been many landscaping requests lately regarding the planting and removing of shrubs and trees around Torino Circle. Landscaping has informed me that what has been planted is in

accordance with city code and will not be removed upon request. However, there may be items that our crew may be able to add to the circle.

- Landscaping crews will be mowing every Tuesday.
- Mary Kemmer, Landscape Manager for Columbine, is planning a planting event for you this summer – STAY TUNED!

### Contribute!

If there are any residents who would like to contribute to the newsletter, whether it be a poem, written article, photos from past trips, book club photos, recipes, art, games, etc., we want to showcase your work! We would love to feature our patio home residents and learn about your talents. Contributions to the Newsletter should be given to Andrew no later than the 20th of each month. I look forward to hearing from you!

### 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.

### Torino Sharing Library – Welcome New Stewards Dawn & Peter Larmer!

Located next to the mailboxes, The Torino Sharing Library 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. Please welcome Dawn & Peter Larmer of #841 Torino Circle as your new Stewards!

Contact them at 970-797-2090 with any questions or concerns.

### 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.

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

### The Salon at The Worthington

Nichole's Salon is now open to you by appointment only on Wednesdays. To schedule an appointment, please call 970-490-1000. Please leave a message with your name and phone number. The hairstylist will call you within 48 hours to set up your appointment.

Please do not arrive early for your appointment. You will be screened and have your temperature taken at the front entrance of The Worthington before entering. Masks required.

### Nail Technician!

We can now offer you nail services at our salon. Kim Dreyer has joined us and will be here on Thursdays or by special appointment.

To schedule an appointment with Kim Dreyer for your nail care needs, please call 970-310-7679.

Please do not arrive early for your appointments. You will be screened and have your temperature taken at the front entrance of The Worthington before entering. Masks required.

### May Is:

- National Barbecue Month
- Older Americans Month
- National Bike Month
- National Egg Month
- National Wild Fire Awareness Month

### May Holidays & Dates

- May 4th – National Teacher's Day
- May 5th – Cinco De Mayo
- May 6th – National Nurse's Day
- May 9th – Mother's Day
- May 15th – Armed Forces Day
- May 17th – Tax Day
- May 31st – Memorial Day

### Fun May Days – Mark your calendars with some of these celebratory national days!

- May 2nd – National Lemonade Day
- May 8th – No Socks Day
- May 13th – Columbine Covid Memorial Commemoration Day
- May 15th – National Chocolate Chip Day
- May 25th – National Wine Day
- May 28th – National Hamburger Day
- May 31st – Smile Day

### Riddle Me This!

What runs, but never walks. Murmurs, but never talks. Has a bed, but never sleeps. And has a mouth, but never eats?

Call Andrew at the Worthington 970-490-1000 to find out the answer! Answer to last month's teaser: The catcher and the umpire!

### May 15th Armed Forces Day

Armed Forces Day is a day to recognize members of the Armed Forces who are currently serving. In 1947, the Armed Forces of the US were united under one department which was renamed the Department of Defense in 1949. President Harry S. Truman supported the creation of a day for the nation to unite in support and recognition of our military members and their families.

### May 31st Memorial Day

Memorial Day seeks to honor and remember those who died while serving in the military. This day aims to raise awareness about the nation's freedom. Memorial Day is a day for reverence and honoring of those who gave their lives defending the Nation and its values.



## LADIE'S SERVICES

Shampoo & Set \$20

Hair Cut Only - \$22

Shampoo, Cut & Style - \$42

Shampoo, Cut & Set - \$47

Wash & Wear - \$5

Perm w/ Cut & Style or Set - \$85

Color w/ Cut & Style or Set - \$65

Waxing - \$5

## GENTLEMEN'S SERVICES

Men's Wash & Cut - \$18

Men's Cut Only - \$15

Beard Cut or Trim - \$5

## NAIL SERVICES

Express Manicure \$24

Gel Manicure \$40

Fingernail Polish Change \$18


Fingernail Nail Trim \$15

Express Pedicure \$36

Gel Pedicure \$54

Toenail Polish Change \$20

Toenail Nail Trim \$18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MAY</b>		<b>COLUMBINE PATIO HOMES</b>				<b>1 Kentucky Derby</b>
<b>2 National Lemonade Day</b>	<b>3</b>	<b>4 National Teacher's Day</b>	<b>5 Cinco De Mayo</b>	<b>6 National Nurse's Day</b>	<b>7 National Space Day</b>	<b>8 No Socks Day</b>
<b>9 Mother's Day</b>	<b>10</b>	<b>11 National Twilight Zone Day</b>	<b>12</b>	<b>13 Commemoration Day</b>	<b>14</b>	<b>15 Armed Forces Day National Chocolate Chip Cookie Day</b>
<b>16</b>	<b>17 Tax Day</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25 National Wine Day</b>	<b>26 National Paper Airplane Day</b>	<b>27</b>	<b>28 National Hamburger Day</b>	<b>29</b>
<b>30</b>	<b>31 Memorial Day Smile Day</b>					



**Happy Mother's Day to all our wonderful Mothers at Columbine Patio Homes!**

**A Mother's Love  
by Helen Steiner Rice**

*A Mother's love is something  
that no one can explain,  
It is made of deep devotion  
and of sacrifice and pain,  
It is endless and unselfish  
and enduring come what may  
For nothing can destroy it  
or take that love away . . .  
It is patient and forgiving  
when all others are forsaking,  
And it never fails or falters  
even though the heart is breaking . . .  
It believes beyond believing  
when the world around condemns,  
And it glows with all the beauty  
of the rarest, brightest gems . . .  
It is far beyond defining,  
it defies all explanation,  
And it still remains a secret  
like the mysteries of creation . . .  
A many splendored miracle  
man cannot understand  
And another wondrous evidence  
of God's tender guiding hand.*

**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.

**Theme: Releasing Anger and Forgiving**

**Challenge:** Set aside at last ten minutes for aerobic exercise today. Exercising releases endorphins, reduces stress, and works off excess energy – and it's a great way to release pent up anger.

**Challenge:** Make "don't take it personally" your mantra today. If anyone seems excessively angry with you, consider that you merely triggered some deeper pain, and then choose to respond calmly and compassionately.

**Challenge:** Agree to disagree with someone today instead of getting angry and fighting for them to see things your way.

Please contact Andrew if you are interested in learning more about Mindfulness practices.

**Trash & Recycling Schedule:**

Wednesday, May 5th; Trash Only  
Wednesday, May 12th; Trash & Recycling  
Wednesday, May 19th; Trash Only  
Wednesday, May 26th; Trash & Recycling

**Care Management Services**

Did you know that Columbine Health Systems provides Care Management Services? Care managers can help you 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.
- As warmer temps return, please let us know if you are experiencing any "Ant Invaders"! Tis the season!
- Please remember to ask your guests and caregivers to park in the designated parking spaces at the East and West ends of the neighborhood.
- Please call the Worthington 970-490-1000 or Andrew's cell phone 970-237-9610 with any issues regarding snow removal, especially on the weekends.



### **Window Washing**

Exterior window washing has been scheduled for all units through Rise and Shine Window Cleaners. If you would like to have your interior windows washed, the cost is a flat fee of \$75.00. Let Andrew know if you would like your interior windows washed as well! For a maintenance request or any further questions, call The Worthington front desk at (970) 490-1000.

### **Friendly Reminder!**

You may now be vaccinated but please continue to wear your masks when you are out walking around the circle and The Worthington. We thank you for your cooperation!

### **COVID-19**

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.

