



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, communicating between you, your family and your providers and much more! Contact Anna Von Dreele at 970-619-0082 or Lindsey at 970-460-5005 for more information.

Bloom at Home (Non-Medical Home Care)

Bloom at Home offers a variety of personal care and companionship services. Examples of services include bathroom assistance, medication reminders, transfer assistance, pet care, running errands, meal planning, light housekeeping, etc. For additional questions about Bloom at Home services and pricing, please call 970-482-5096.

Westwood Email Group

Interested in staying connected with your neighbors via email? Join the Westwood Tenant Email Group to share pictures, stories, thoughts, and questions! Contact Lindsey for more information or to be added to the group.



Audiologist Visit – Tuesday January 4th at 9:00AM (Private Dining Room)

On Tuesday, January 4th at 9 AM in the Private Dining Room, Katie Cox AuD of The Hearing Place will be providing a hearing care clinic. Complimentary services include hearing aid checks, cleanings and wax removal. Appointments are on a first come first serve basis. Please sign up in the activity binder located at the Function Junction or contact the Front Desk.

Foot and Toenail Clinic at The Windsor – Monday January 3rd

Merrie D'Urbano RN will be coming to provide a 30-minute podiatry appointment for \$35. She will provide a foot and skin assessment with a soothing foot soak in warm soapy water. Nail trimming, cuticle care, callus buffing, corn and fungus reduction and a relaxing foot massage are all provided. Nail polish will not be applied. Please sign up at the Function Junction at The Windsor or by contacting the front desk.



Westwood Patio Homes AROUND THE CIRCLE NEWSLETTER

970-460-5005

January 2022



Regular Events

Group Exercise

Monday, Wednesday, and Friday at 10:00AM

Get your bodies moving with your neighbors in this tenant-led exercise group! Strengthen, stretch, and balance with a mix of seated and standing exercises.

Social Hour

Tuesdays and Thursdays at 2:00PM

Join the Westwood Patio Home tenants for a social with wine and friendly conversation at the Pavilion. Please bring beverages to share, bring your own, or contribute one dollar. All are welcome!

Mysteries of the World

Mondays at 3PM (AR)

Explore the most unusual and unexplained events in history, archeology, and science. From the Bermuda Triangle to what happened to D.B. Cooper and beyond, each week we will discuss and ponder a different topic. This group may not provide answers, but questions and theories are encouraged!

3rd- 6 Impossible Mysteries

17th- Teotihuacan

24th- Kelly-Hopkinsville Encounter

31st- Mystery Birds

Quarter Bingo

Tuesdays at 3PM (DR)

Super Bingo

Friday, January 7th at 3PM (DR)

Come and enjoy rounds of Bingo with your friends and neighbors. We will play a regular round, a few specialty rounds like four corners or picture frame, and finally end with a blackout round. Each round costs a quarter to play. Quarters will be available as needed. Super Bingo is two quarters instead of one. Double your fun- and your quarter fund- at Super Bingo!

Rosary with Bev at The Windsor

Wednesdays at 10:30AM (Private Dining Room)

Join Bev from Our Lady of the Valley Catholic Church in a traditional Catholic devotion and fellowship in the Private Dining Room every Wednesday at 10:30AM.



Special Events

Poetry Reading by Richard Wood

Wednesday, January 5th at 1PM (AR)
Join Westwood Patio Homes resident Richard Wood as he reads and brings to life some of the poetry he has written. Richard writes poems on a variety of different topics and is looking forward to sharing his expertise with you.

Musical Acts

Ray Anthony Trujillo Violin and Saxophone Performance

Monday, January 4th at 5PM (Dining Room)
Be delighted by the violin and saxophone in one performance. Ray Anthony Trujillo will prepare a selection of classical pieces to play on both instruments and share information about each one. Ray is a favorite at The Windsor and will be playing over the dinner hour.

Jerry Phillips Piano Performance

Friday, January 14th at 3PM (Dining Room)
Get into music with a stunning piano and singing performance in The Windsor Dining Room with Jerry Phillips! Jerry will share with us his 40 years of experience with a repertoire of different songs. It will be his first time playing at The Windsor.

Maureen Lutz

Friday, January 21st 3PM (Dining Room)
Enjoy the musical stylings of Maureen Lutz! As a music therapist, Maureen will lead an interactive program with many different styles of music and a fun, unique sound. It will be her first time at The Windsor.

January Dates and Holidays – Mark your calendars with some of these dates and celebratory national days!

- January 1st – New Year’s Day – Happy New Year!
- January 4th – National Spaghetti Day
- January 9th – Law Enforcement Appreciation Day
- January 15th – National Hat Day
- January 17th – Martin Luther King Day
- January 19th – National Popcorn Day
- January 21st – National Hug Day
- January 23rd – National Pie Day
- January 24th – National Compliment Day
- January 31st – National Hot Chocolate Day

10 Unique New Year’s Traditions from around the World

1. Spain – Eating Grapes for Good Luck

In Spain, locals eat 12 grapes at the stroke of midnight to honor a tradition thought to bring a year of good fortune and prosperity.

2. Italy – Wearing Red Underwear

Italians have a tradition of wearing red underwear to ring in the new year in hopes that it will help them conceive in the coming year.

3. Greece – Hanging Onions

The Greeks believe onions to be a symbol of rebirth so they hang the vegetable to promote growth throughout the year.

4. Denmark – Smashing Plates

It’s a Danish tradition to throw china at your friends’ and neighbors’ front doors on New Year’s Eve – some say it’s a means of leaving aggression and ill-will behind.

5. Russia – Drinking Ashes

It is tradition to write down your wishes for the new year on a piece of paper, burn them with a candle and drink the ashes in a glass of champagne.

6. Armenia – Baking Good Luck Bread

When people in Armenia bake bread on New Year’s Day they add a special ingredient – luck! It is tradition for metaphorical good wishes to be kneaded into the dough.

7. Ireland – Sleeping on Mistletoe

In Ireland, it’s customary for single women to sleep with a mistletoe under their pillow on New Year’s Eve to help them find their future husband in the coming year.

8. Czech Republic – Cutting Apples

On New Year’s Eve, an apple is cut in half and the shape of the apple’s core is said to determine the fate of everyone surrounding it. If the apple’s core resembles a star, everyone will have happiness and health but if it looks like a cross, then someone at the New Year’s Eve party should expect to fall ill.

9. Japan – Ringing Bells

At Buddhist temples in Japan, bells are rung 107 times on New Year’s Eve and once when the clock strikes midnight. This tradition known as joyanokane, is meant to both dispel the 108 evil desires and cleanse the previous year of past sins.

10. Ecuador – Burning Scarecrows

In Ecuador, New Year’s celebrations are lit but with bonfires burning effigies most often representing pop icons, politicians, and other figures from the previous year. Burning of the old year is held to cleanse the world of the bad from the past.

January 9th - Law Enforcement Appreciation Day, we take the opportunity to thank Law Enforcement at the local, state, and federal level for their public service and dedication.

January 17th - Martin Luther King Day
On the third Monday in January, we honor the American clergyman, activist and Civil Rights Movement leader, Dr. Martin Luther King Junior, best known for his role in the advancement of civil rights.

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”
-Martin Luther King, Jr.

Tenant Showcase

If you are interested in sharing a short story, pictures, poem, recipe, etc. in a future newsletter, please contact Lindsey. We would love to feature our patio home tenants and learn about your talents. Contributions to the newsletter should be given to Lindsey no later than the 20th of the month prior. I look forward to hearing from you!

Dining at The Windsor

The Windsor is excited to welcome back guests who are fully vaccinated for meals! All guests need to be screened at the front desk upon entry to The Windsor. Please arrive no later than 6:00pm for dinner reservations.

Meal Times

- Breakfast 7:00AM – 9:00AM
- Dinner 5:00PM – 6:30PM

Pricing & Reservations

- Breakfast \$7 – no reservations required, no limit on guests.
- Dinner \$13 – reservations required by noon, limited to 8 guests.
- Meals can be paid by cash/check at the front desk prior to the meal or can be billed to monthly rent.
- Reservations can be made by calling the front desk.
- As a reminder, we do not accept tips.

Trash & Recycling Schedule

Thursday January 6 Trash only
Thursday January 13 Trash & Recycling
Thursday January 20 Trash only
Thursday January 27 Trash & Recycling

*Trash and recycling should be out on the curb no later than 7:00AM to ensure pick up. Contact Lindsey if you need a 2022 Trash & Recycling Calendar or Recycling Guide.

Starting
Friday, December 3rd,
The Salon at The Windsor
will be welcoming a new
stylist, Shelly.

Shelly’s Beauty Bar will be
open Mondays and Fridays
from 8:30am-12:30pm.
Please contact Shelly at
970-388-1144 to schedule
your appointment.

Shelly’s Beauty Bar Menu

- Adult Haircut \$20
- Shampoo, Blow Dry, Iron Curl \$20
- Shampoo & Set (rollers) \$20
- Shampoo & Blow Dry - \$10
- Hairstyle Touch Up \$10
- Perm \$50 /\$65/\$85
- Color \$45/\$65/\$85
- Color Retouch \$25
- Highlights \$75/\$55 partial
- Manicure \$24/\$20 without polish
- Polish Change \$18
- Fingernail Trim \$10
- Pedicure \$35/\$30 without polish
- Toenail Trim \$15
- Make Up \$20
- Beard Trim \$5