

July 2010

## **Thoughts from Tim**

*Tim Rogers, Executive Director, 720-974-2901 [trogers@clcmail.org](mailto:trogers@clcmail.org)*

For the past few months, I've been sharing with you some of the things I've learned from my study of the Scriptures about the life of King David, and how we can apply them today. Recently, I came across an interesting turning point in David's life and realized what a picture that is of the life we have in Jesus.

In I Samuel 22, we see that David, who had been on the run from King Saul, had finally made his way to Judah, and was hiding out from Saul in a cave. You may recall that at this point, Saul had been rejected by God as King because of Saul's repeated arrogance and disobedience to God, and that David had been anointed King, but had not yet ascended to the throne.

So, David is hiding out in the cave, and word spreads that he is in Judah, and he starts to amass a vagabond army of volunteers. These were motley men who were described as being in debt and discontented; just the kind of army a new King would hope to avoid. Yet David became Captain over them. And in I Chronicles 12:8, we read that this motley crew became "mighty men of valor, men trained for battle, who could handle shield and spear, whose faces *were like* the faces of lions, and *were* as swift as gazelles on the mountains".

What a picture this is of the life we have in Jesus. We come to Him destitute and discontented, recognizing that He is the rightful King, and we choose to shift our alliance from the king of this world, to the King of kings. We are vagabonds, yet He becomes our Captain, and outfits us for the battle in service to His Kingdom. The battle is not easy. Jesus tells us in John 16:33, "In the world you will have tribulation; but be of good cheer, I have overcome the world."

In due time, David did ascend to the throne of Israel. He is still regarded as Israel's most accomplished leader and this army of vagabonds ultimately became the greatest army of Israel's fragmented history.

I believe the battles we face are about to become more intense, and I am grateful we have a Captain who is preparing us for battle, and who has already overcome the adversary. May it ever be that our alliance is firmly placed in the camp of this great Captain, for whom the victory has been eternally secured.

Blessings,



Executive Director  
Johnson Center Campus

## **From David's Desk**

David Strain, Associate Executive Director, 720-974-3517 [dstrain@clcmail.org](mailto:dstrain@clcmail.org)

As I sit here and prepare to write something the tune to the Nat King Cole song about the lazy, hazy, crazy days of summer keeps rolling around in my head. Why is that? Often when I think something it is quickly associated with a song. The thought that has been occurring is, "Things are crazy this summer." You get the picture. Lazy? Certainly during Julia's and my vacation in May there were a few lazy days or at least lazy hours sitting next to the pool listening to the rooster's crow. Since then, however, there hasn't been much opportunity for laziness either at work or home.

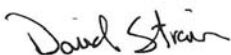
Hazy? Come on we live in Colorado – and for a reason. Having grown up here it was quite an eye opener when on my first trip to Kansas City as a teenager I was introduced to humid heat. It was July, a gorgeous day flying out of Stapleton, the new Kansas City airport was beautiful and air conditioned. I walked out the doors and was hit by 98 degree temperature and 97% humidity. The air was thick with moisture. I literally felt like I had walked into a wall. But I guess some walls are worth walking into because I ended up moving to KC because of a girl named Julia. Come to think of it, I have been pretty hazy ever since. . .

And then there is crazy. Crazy is a very subjective term. Insane, disturbed, out of control? I don't think so. My sense of the meaning in the song, which hit the top of the charts in 1963, is more in line with the 50's beatnik slang like "that's crazy man." In the seventies, when some people were young, the phrase would have been "groovy man." Today, according to a young happenin' resource named Rachel something is now "wicked dude."

So maybe there was good reason for that song to pop into my head to shift my thoughts from being anxious about all the things that need to be done to realizing they will get done and in the process it is indeed a crazy, groovy, wicked summer. There are a lot of great things going on at the Johnson Center and I am proud to be a part of that. I hope and pray that you too are into the crazy days of summer. Now you will have to excuse me. I have another song going through my head that I'm going to have to think about, "Groovin. . . on a Sunday afternoon."

P.S. if you want to hear about crowing roosters join us on July 15 when we will take a trip to Hawaii through my pictures and videos. A few prayers that I won't erase them this time would be welcomed.

Blessings,



David Strain  
Associate Executive Director

## **Our Mission and Core Values**

Christian Living Communities ministers to senior adults through a continuum of services and care that reflects Christian love, respect and compassion, and that enriches the quality and dignity of life for each individual.

The following Core Values define the unchanging heart of our organization, those deep beliefs which are non-negotiable, but at the same time dynamic, giving shape to daily tasks and providing guidance for the future.

**Love    Compassion    Respect    Leadership    Unity    Integrity**

## Johnson Center Staff Barbeque



The Johnson Center had a beautiful day to host a staff BBQ picnic held in the large courtyard. The food was prepared by the managers and the dining services with Trish doing her delicious brisket and smoked chicken as the main item. Sometimes these events are not busting with enthusiasm but this one had beautiful, warm weather, a huge variety of food, and team spirit. There was a relaxing atmosphere with an opportunity to meet new staff, who joined in the conversation. I also noticed that some staff who were off that day or worked nights, came in for the picnic and some brought their small children. Managers went through the building to make certain everyone remembered and got to attend. We even had a visit from Camille, JB, Russ, and Janet. It was an opportunity for us to say 'thanks' for all you do to the staff. Sometimes small occasions can say a lot, and without a dedicated and caring staff, our communities would not function. It was great to see so many different people come together as one and in turn spread that joy, compassion and love to our residents.

Nancy Harder, HIM/LPN



## Chaplain's Corner




Wanji Mukunga 720-974-3518, [wmukunga@clcmail.org](mailto:wmukunga@clcmail.org)

### SMILE Cards! SMILE Cards! SMILE Cards!

You may ask: how can I express my appreciation when a staff member goes beyond the call of duty and provides exceptional care? Fill out a SMILE card! SMILE Cards are located at different stations at the Johnson Center – outside the Main Dining Room, outside the Staff Lounge, and in Assisted Living.

### WAITT: *Walking together in joy or pain*

Please come join other family and care providers in the “We Are In This Together” (W.A.I.T.T) dinner meeting. WAITT is a monthly meeting for all family members and care providers. We will be meeting on Wednesday July 7, 2010 at 6:00-7:15pm and enjoy a light dinner with refreshments as we get to know one another and share our journey as care providers. **Brian Banks, Director of Dining Services will speak to us about dining services. Please take note that as a WAITT group we take a voluntary donation that is tax-deductible to help provide “Beauty & Barber” services for some of our residents.**

-  **Coming soon!!** The WAITT formal dinner in support of the Alzheimer's Memory Walk
-  **The Stephen's Ministry** has been launched. We now have trained Stephen's Ministers coming from our Independent Communities to minister to our residents at JC!
-  **Join us for Bible Studies**

We hold weekly Bible Studies every other Tuesday at 1:30 pm in the Assisted Living. We are doing a study on favorite Psalms, and every other Wednesday the Gospel of Luke in the Main Activity Room. Presently, some of the residents are involved in the study of the twelve Disciples to present in the Bible Study. The weekly Bible Time hour at the Special Care unit takes place every Thursday at 10:30 am. We would love to have you come and participate in any of these activities!!

#### **Memorial Services: celebrating and honoring our departed friends**

We celebrated our friends Connie Atencio and Mary Duval in the Special Care Unit on Thursday, June 24<sup>th</sup>, 2010. Friday, July 2<sup>nd</sup> in the Main Activity Room, 10:15am we will celebrate our friend Ann Offutt who passed on in June.

*Precious in the sight of the LORD is the death of his saints (Psalm 116:15)*

**If you have any question, concerns, or would like to volunteer your services, please don't hesitate to contact me via email or phone. God bless you!**

## **Mark Your Calendars**

Laura Hegman, Life Enrichment, 720-974-3525 [lhegman@clcmail.org](mailto:lhegman@clcmail.org)

### **Life Enrichment Events & Updates**

**"100 Things About Me" Campaign:** On July 1<sup>st</sup> The Johnson Center Assisted Living and Special Care Unit along with The Village Assisted Living will launch a "100 Things About Me" Campaign. Employees are being challenged to discover 100 things about each resident. In September this campaign will expand to include The Johnson Center Skilled Nursing and The Village Independent Living. Families and friends are welcome to participate. If you would like to add an interesting bit of information about your loved one just ask for the "100 Things" binder.

**JC Assisted Living Walking the Colorado Trail:** Residents and staff at The Johnson Center Assisted Living have accepted a challenge to walk 500 miles from Denver to Durango. Walking as well as chair exercise is being recorded and our progress being tracked on the big bulletin board in Assisted Living. The 500 miles is being covered quickly, next we will go coast to coast across the U.S!

**DVDs and Puzzles:** The Life Enrichment Department would like to update its movie library from VHS tapes to DVDs. Our goal is to have a variety of movies/ DVDs for residents to select from: musicals, action, comedy, family drama, westerns, nature, travelogues, biographies, and sports bloopers. Any donations would be appreciated and happily accepted.

We are also slowly building a collection of large piece (or sometimes called "EZ Grasp") puzzles. These jigsaw puzzles are easier for many of our residents to put together than those with tiny pieces. Donations of puzzles and/or DVDs may be left at the front desk reception area.

For a copy of any of the activity calendars, please see one of our Concierges or view the calendars on our website at <http://www.christianlivingcommunities/johnson-center/newsletter.html>. If you have any questions or suggestions, please feel free to call the Life Enrichment Department at 720-974-3525.

## Physically Fit

New season brings new faces! The Johnson Center and The Village welcome new Occupational Therapists Julia Janssen and Schevaun Hegarty, and new Physical Therapist Assistant Sara Butzin. This means we are growing, which happens because more of you, the residents, are tapping in to the value of therapy services to improve your physical and functional health for enhanced quality of life as you enjoy all facets of life at The Village and The Johnson Center. June marked the rollout of monthly 'Health Talks' and we plan to provide these for residents at all campus locations on a regular basis. We would love resident input for upcoming topics! If you have a health/mobility-related topic that you would like address in a future talk, please communicate this to your Life Enrichment associates, and they will forward hot topics to us. If you have a question about whether therapy services would benefit you, please call us at 720-974-3548. Happy Summer!

### **Johnson Center/The Village Turns Heads (and wheels) Biking To Work**

CLC participated this year in Denver's Bike To Work Day which was on June 23, 2010. Among the CLC communities, JC/VL had the largest response from staff! We had 9 staff members who cycled over 78 miles round trip! Our cyclists were Tim Rogers, David Strain, Josie Price, Theresa Wharton, Alina Muresan, Ginny Davie, Gina Oatley (evening/night shift) Gregg Young our Infinity Rehab Director and Kathy Bird DeYoung. Ginny Davie did a wonderful job organizing our prizes/surprises for our bike to work crowd. Some of our group already bike to work a few days each week and some of our cyclists talked about starting a regular bike to work schedule. Let's keep the wheels turning!

## Guest Services at The Village

Whether you are making plans to visit your loved one for the holidays or anytime of the year, The Village staff would like to remind you that a convenient guest room is available for family members to reserve for \$75.00 per night, double occupancy and includes breakfast. Please contact Teresa Bame, Concierge Receptionist at 303-741-5555 to make reservations.

## Tricia's Corner

*Patricia Zimbelman, Director of Nursing Services, 720-974-3521 [pzimbelman@clcmail.org](mailto:pzimbelman@clcmail.org)*

**As summer gets into full swing, it is so important to remember to be safe.**

Sunscreen should be used for the residents when they go outside to enjoy the beautiful day. When residents are leaving with families or staff to enjoy the outside, please remember to use sunscreen to protect their fragile skin. Hats should be worn to protect their heads and face. Life enrichment may have a few that could be used if the resident does not have one.

Dehydration is also a problem during the summer months. Be sure to encourage all the residents as well as yourselves to drink plenty of fluids. The residents needs the extra fluids to help keep the body cool and hydrated. Urinary tract infections are usually higher in the summer because the elderly tend to drink less in the hot weather.

Please remember when taking one of the residents out of the building to sign them out with the nurses. We want to keep our residents safe and accounted for so that no one is left outside.

## Assisted Living Neighborhood News

Amy Yount, Assisted Living Director, 720-974-3512 [ayount@clcmail.org](mailto:ayount@clcmail.org)

We are ecstatic to welcome our newest team member Jewel Colell, LPN. Jewel will be working every Saturday and Sunday during the daytime. She comes to us with an extensive background of caring for seniors including social work, nursing assistant, and now as a Licensed Practical Nurse. She will be available for any and all needs you or your loved ones may have in the absence of the AL Director as well. Please join us in welcoming her!

Our dear team member Kadajah Farah has returned from her maternity leave the end of June. Upon her return we have started implementing the Resident Services Associates model of care. Kelly Harris, RSA, will be working Monday thru Friday during the daytime now. The staff will be rotating duties but will also be set on consistent assignments to offer predictability for our residents. We will be doing some light housekeeping, serving meals and snacks, and performing life enrichment opportunities for our residents in addition to our current housekeeping, dining services, and life enrichment staff. We greatly encourage all to participate in these changes and appreciate any ideas or suggestions you may have.

**Have a most enjoyable sun filled July!**

## Housekeeping

Christine Barens, Environmental Services Supervisor, 720-974-3530 [cbarens@clcmail.org](mailto:cbarens@clcmail.org)

Please allow me to explain The Johnson Center's deep cleaning schedules that are preformed in residents' rooms by our housekeeping staff.

The staff is required to deep clean each resident room once a month to sustain a level of sanitation standards for our beloved residents. These standards would not be met if our staff is not allowed to clean each room properly. During our recent spell with the Norovirus we had allowed some to have the deep cleaning of their rooms withheld. We now have to re-implement a formidable schedule and continue to deep clean each room throughout every month. Please cooperate and be kind to our housekeeping staff when they come to deep clean your loved one's room and remember that, as housekeepers, they are required to perform a monthly deep clean.

Also, on a few small side notes, that we all communicate the importance of letting staff know if you bring in new clothing that needs to be labeled. Please do not bring in items that need professional cleaning service like steam cleaning or anything that requires it to be sent to the dry cleaner even if a family chooses to launder the clothes, we recommend that you allow us to place labels with the resident's name on each item. This enables us to return the item to the correct person if for any reason it is returned to our laundry.

And lastly, I would like to address the subject of chemicals. Just so you are aware, The Johnson Center provides all of the chemicals required to clean and sanitize each room and discourages the use of any 'brought in' items. If you have a need that has to be addressed, such as air freshener, please inform our housekeepers, nurses or any staff member of your need. As always, thank you for the love and support that you all provide for residents and the staff that takes care of them. Please never hesitate to ask any questions that you might have. Thank you.

## Volunteer Services

Jeanette Preston, Volunteer Coordinator, 720-974-3519 [jpreston@clcmail.org](mailto:jpreston@clcmail.org)

Volunteers are an important and integral part of our community, supporting residents in many activities and becoming involved behind the scenes. Throughout The Village and The Johnson Center volunteers participate in interacting with residents almost on a daily basis in a variety of life enriching activities. Our community is extremely fortunate and very blessed with your generous spirit and we thank you for making a remarkable difference in this community.

Christian Living Communities' strength is our dedication to serving our residents with great care and being ever mindful of the safety and healthy wellbeing of each resident. Volunteers make great contributions to this effort and to continue to do so we are requesting that our volunteers participate in getting their Tuberculosis (TB) screening updated. Many volunteers have not had an update in several years. Revised state regulations require volunteers just like staff to have a yearly TB screening. With the goal of adhering to state regulations a letter regarding TB updates will be mailed out shortly. Please be looking for this letter as it will contain important instructions on when and how to set-up your time to receive your TB screening. Your cooperation in getting this important screening accomplished is truly appreciated and it protects everyone. We sincerely thank you.

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The Johnson Center staff strives to give the very best individualized personal care to every resident. As a team, we are dedicated to providing a cohesive approach in caring for your loved one in a safe loving environment. If you have any comments or suggestions please don't hesitate to contact us as caring for your loved one is our greatest privilege.