

# The Sun Community Newsletter



**Mirasol**

Senior Living Community

Experience the Sunny Side of Life!

Issue No. 27 February 2010

## New Resident Council Board

Taking office at the January 21st Resident Council Meeting are (from left) Martha Stender, Councilperson-at-large, Bonnie Jones, Treasurer, Joe Underwood, Vice-President and Sue Mendenhall, Secretary. Our President Marsha Franz was in Chicago to greet her new granddaughter.

Let's wish them success in their goals of promoting communication and participation in our community.



## Wii Bowling League Awards Trophies

WINNERS ANNOUNCED AT JANUARY BANQUET

**Team with Most Wins:** Evelyn, Clarice, Bert, Gayla  
**Team with Most Points:** Laurie, Phyllis, Jan, Maurice,  
**Team with Highest Game:** Beth, Virginia, Pat, Blanche  
**Highest Individual Game:** Hal (276)  
**Most Improved Individual:** Ed  
**Most 200+ Games:** Gayla (7)  
**Highest Sub Score:** Peggy (255)

The next bowling season begins on Thursday, March 4th, at 2 p.m. We have room for one more team of four—contact Maurice Lee or Sue Mendenhall if you are interesting in signing up. Many thanks to Linda Yackey for donating the trophies for our bowlers.



## BIRTHDAY CORNER



January Birthdays: Ginney Morrison and Tina Wiggerhaus,  
(Thanks to Veronica Trent for holding the cake!)

### February Happy Birthday Wishes Go To....

The Mirasol residents and friends celebrating birthdays in February are:

Reba Davidson (February 8th), Del Franz (February 19th), Annie Hall (February 9th), Pat Marshall (February 5th), Alma Miller (February 7th), Bert Most (February 9th), Jean Oswald (February 23rd), Carol Terrell (February 18th) and Veronica Trent (February 3rd).

The monthly birthday celebration is held each month immediately following the monthly Resident Council Meeting. This month's celebration will be held on February 18th.

## THOUGHTS & PRAYERS

Your thoughts and prayers will be appreciated by these Mirasol neighbors hoping for improved health and continuing recovery—Bette Jacobs, Barb Raines, Annie Hall and Aggie Hull. And let's send comfort to Bev Thirolf and Ann Simmonds with their recent hospitalizations.



## RESIDENT COUNCIL

The next Resident Council will be held on **Thursday, February 18th at 1 p.m.** We appreciate your early arrival to allow time to sign in and don your name tags. (If you don't have a name tag, please let Donita know.) The Council Meeting will be held in the Event Center Grande Room.

If you wish to make a Resident Council suggestion, please place your suggestion in the box located in the Grande Room or contact a board member. Please plan to attend.



## Our Sympathies

Our sympathies go out to the friends and family of Betty Hanson and Winnie Heick, Mirasol residents who recently passed away. Betty Hanson was staying with Laurie Held at 1238 Finch St. and participated in the lap robes for Veterans project. Winnie Heick lived at 658 Inca Dove Dr.; she was able to join us for a few activities including a pineapple margarita night hosted by her son Greg. Her son Robert now lives at Mirasol. Our prayers are with you at this sad time.

## MARK'S MESSAGE

There will be some upcoming changes in our exercise classes, starting in late March. Due to a need to focus resources, we will be eliminating the early yoga class at 8:30. The 10:00 class will be continuing. Also, due to Ellen's vacation, there will be no yoga classes offered during the week of March 14. Finally, we will be offering some initial Tai Chi classes in late April, also taught by Ellen, to gauge the level of community interest.

**HAVE YOU SEEN?:** A black bicycle, "cruiser style," that belongs with the Mirasol loaner bicycle collection? This bike was mistakenly left outside on a sidewalk behind the rental homes on Finch Street back in mid-December during some moving/re-location confusion. If anyone knows anything about this bicycle, please see Mark or Donita.

This is a message for pet owners. For those of you who walk your dogs, please remember that some people are sensitive to animals. While animals do "have minds of their own" at times, please be sensitive to other community residents and control where your pet eliminates waste, especially when close to patios and doors.

We have scheduled a visit by the Volunteer Income Tax Assistance program. It will be Friday afternoon on February 26 starting at 1:00. There could be other visits from them depending on the level of interest. There will be a sign-up sheet and it will be important to put your name on it if you want to take advantage of this service.

Here is a volunteer opportunity for anyone who is interested: Winona Elementary School, one of our community partners, wants volunteers who are willing to read to children. Please call Donna at the school if you are interested. Her telephone number is 613-7100.

There has been some confusion regarding the best person to call at the city government level for concerns over snow removal. Because we are in ward 3, we need to call the city council members from ward 3. Those people are: Kent Solt (number 962-2194) and Hugh McKeen (number 962-2195). This is in regards to concerns over snow removal on *Madison and Finch Streets only*. According to the city, Madison and Finch are the only two streets in the Mirasol neighborhood that they are responsible for.

Here are the upcoming movies for February and early March:

Feb 16– Pretty Woman

March 2 – Casablanca

Feb 23 – Ratatouille

March 9 – Contact



On March 19, there will be a big special event called "An Eggstrordinary Evening" that you are invited to. Since the event is close to Easter, it will be a painted/carved emu egg auction. This will be a fundraising event to benefit the Food Bank of Larimer County and the Alzheimer's Association. Stay tuned for more details.

See you around!

Mark



## The "Green House Project" Senior Living Concept

As many of you know, the Mirasol Community plans include a **Phase I**, which consists of the current apartment building, Event Center, rental homes and owned homes, plus a few additional homes which have not yet been constructed. **Phase II** of the Mirasol plans include an additional apartment building, more owned homes and some sort of long term care option, all of which would be built to the west of our current location. Construction of Phase II has been delayed by the current economic climate, but planning and ideas are flourishing.

**One idea under consideration, instead of the typical assisted living facility, is a new movement in senior care called "The Green House Project."** The Green House Project turns the traditional idea of a nursing home upside down. A Green House is almost indistinguishable from any other house in the community and is home to seven to ten seniors, who live and eat together much as a family does with the help of a separate clinical support team. The residence provides a pleasant home-like environment in which seniors can receive the medical and nursing care they need without sacrificing independence, comfort and privacy.

One or more of these residences could be built to include aesthetically appealing interiors situated around the fireplace hearth with high levels of sunlight. The floor plan is specifically designed for ease of use and warmth with an open concept design. Plants thrive and there is easy access to outdoor spaces. The focus is on an open kitchen and large dining table where staff, seniors and visitors enjoy pleasant meals, featuring good fresh food.

So don't let the "Green House" name confuse you. We are not talking about plants here - *we are talking about a concept for senior living that takes us way beyond wheelchairs parked in a hallway!*

..Sue Mendenhall



### MIRASOL COMMUNITY ACTIVITY ASSISTANCE FUND

Mirasol is excited to offer an activity assistance fund for the benefit of anyone who would like to access it. We understand that budgets can get very tight at times and this fund has been created to help out in those circumstances. For example, if there is an upcoming trip to the Rialto Theatre and a person would like to go but does not have the money, the activity assistance fund could be invoked for money to pay the theatre ticket. A small group of residents has convened and discussed best practices regarding how the activity assistance fund would be utilized.

Please note that this fund is only available for Mirasol sponsored activities such as a museum trip or lunch outing. This fund is not to be used for an individual's everyday expenses such as groceries, medications or rent. Furthermore, there will be annual limit regarding how much any person can access during a calendar year. There are two reasons for creating the annual cap on how much a person can access. First of all, we want the fund to last as long as possible. Secondly, it is important to make sure that no one person abuses the fund by taking more money than any other person. Mark will keep records on a yearly basis regarding who accesses the fund and how much they have spent. This information will not be shared.

The activity assistance fund will be funded primarily by grant money. A secondary (and much smaller stream of income) will come from events center guest fees. An additional possibility for funding that has been mentioned is a donation from the resident council account. Of course, this would require approval from the resident council itself.

Anyone who wants to access money from the activity assistance fund will need to talk to Mark. It will not be necessary to present income records to verify need. Please keep in mind that the annual limit for any individual for 2010 will be \$30. In future years, this limit (or cap) may increase or decrease depending on level of usage and funds available. Since there is no information available currently about how often the fund would be accessed, we are starting off on a conservative basis with the intention of preserving the fund for years to come.

It is important to understand that monies from the activity assistance fund will not be available on a "spur-of-the-moment" basis. For example, during a trip that may include a spontaneous stop for ice cream on the way back from a museum, it will not be possible to pull Mark (or any other staff member) aside to ask for money from the activity assistance fund to pay for ice cream right then and there. It will be important to plan ahead when accessing money from the activity assistance fund.

Finally, this fund is available immediately. As always, please see Mark if you have further questions.

## Resident Profile of the Month

**Dixie Knutson** was born into a German American family in Scottsbluff, Nebraska where her father farmed sugar beets, beans, corn and hay in the Mitchell Valley. Her dad raised some prize Hereford cattle, as well. Dixie never quite mastered the art of cow milking and her brother teases her about this even today. The family moved to Torrington, Wyoming when she was 10 years old. She was the oldest of five children, born March 23, 1947. Her three sisters and one brother still live in this area; Dixie's brother, Chuck, still farms in Windsor. Dixie's sister, Arta Mae, works at Poudre Valley Hospital; Lynnette works at Colorado State University and Janice lives in Eaton and works at University of Northern Colorado in Greeley.



As a child, Dixie was born with dislocated hips, a fact that was not discovered until she was seven years of age when her elementary teacher mentioned to her parents that there might be a problem with Dixie's legs and hips. Her Great Aunt and Uncle made the arrangements for her to be treated at Children's Hospital in Denver. After the first of many surgeries, Dixie spent six months in the hospital and was in a cast, from waist to ankles, for much of that time. Her parents still lived in Nebraska so it was a very lonely time for a little girl. Dixie still has the crutches she used to learn to walk again. Of course this prohibited her from attending school, so she had to start again the following year, which put her in the same class as her brother. Chuck and Dixie graduated from Fort Collins High School together in 1966. One of their classmates was Bonnie Jones' brother, Bruce. After high school, Dixie worked in restaurants in Fort Collins.

Dixie worked at Teledyne from 1968 to 1980. During this time, she met and married her husband, Gary. Dixie quit working there in 1980 to be a stay at home mother for her first child, Heidi, born in 1979 and her second baby Holli, born in 1980. Josh was born in 1982 and after her divorce in 1985, Dixie was a single mother of three children. Dixie still keeps in touch with friends she worked with at Teledyne.

In 1987, the back problems began again causing her to have a complete hip replacement. For two years she was in therapy after surgery. Dixie went to Front Range Community College and earned a certificate in Word Processing at graduation.

Dixie has three grand-daughters who are the "light of her life". She attends many of the school and church programs for Whitney, Teleah, and Mackenzie. Her daughter Heidi and Mackenzie live in Loveland. Dixie's daughter Holli and her son, Josh live in Fort Collins, where Holli recently graduated from CSU.

Some of Dixie's fondest memories are of the German wedding celebrations she attended with her family where there was an abundance of German delicacies such as butter ball noodle soup, sausage, and German rye bread. Her family loved to dance; they went to many German Dutch hop weddings. Her Aunt, who married at sixteen, but is now 87, danced so much she wore out the shoes she was wearing at her wedding. The family used to go to dance at the Chuck Wagon Restaurant, the Heidelberg, and even Widow McCoy's when they served up more than breakfast--great dance tunes! Dixie still has keepsakes of her favorite memories; beautifully organized photo albums and also, a collection of Beanie Babies and coffee mugs.

Dixie is a great fan of country music and musicians such as Kenny Chesney, Willy Nelson, Merle Haggard, Ray Price, Mel Tillis, The Dixie Chicks—well, you get the idea. Dixie says she was "born Country and will die Country" and is convinced that there is a "Hill-Billy Heaven" just as that old song states. As a child, Dixie learned to play accordion and became quite accomplished.

Dixie joined our Mirasol community in October, 2007. She has many friends here and enjoys all the activities that are offered. She has been a member of the Shepherd of The Hills Lutheran Church in Ft. Collins for 50 years.



This year, Dixie and her little dog, Muffy will celebrate their 63<sup>rd</sup> birthday. Of course, Muffy counts hers in doggie years!

...Millie Ternasky



Gayla gives flowers from the Mirasol community to Tonia Price at the Mexican Fiesta, thanking her for providing such fun food events

### Tonia's Layered Enchiladas

- 1 28-oz. can green chili sauce (she uses a cheap brand from Walmart)
- 1 can cream of chicken soup
- 8 oz. shredded cheese (Monterey Jack or Cheddar)
- 2 cups diced chicken (or 2 small cans of chicken)
- 12 corn tortillas
- 1/2 cup milk

Preheat oven to 350 degrees. Mix green chili sauce, soup, milk and chicken in a bowl. Put a little of the sauce on the bottom of a sprayed 9x13 pan to coat.

Layer 6 tortillas (flat), then 1/2 of the chicken mixture and 1/2 of the cheese. Repeat the layers.

Cover with foil and bake about 50 minutes, then remove foil and bake an additional 10 minutes. The top can be browned under the broiler if desired.

As the Fiesta attendees know, this is delish!

### British Tea & Desserts

Saturday, February 27th, 2 p.m.

Hostess: Tonia Price

You can bring a dessert to share if you would like. Sign up in the Event Book.



### This and That

We bid farewell to Roger Rappel who has moved to north Loveland and wish him well. We'll miss you! Jim Johnson will be moving over into Roger's apartment.

February 15th is the beginning of Random Acts of Kindness Week. What can you do to bring kindness to someone's life?

If you have dishes from the Event Center at your home, please return them. We will be putting out small paper plates for your use in taking food out of the Event Center.

We recently discovered, through conversations with the City employee Joan Shaffer about ice and snow on community streets, that the City of Loveland is only responsible for snow and ice removal on Finch St. and Madison Avenue. All other community streets, including Finch Place, that fronts the apartment building, are the responsibility of Mirasol.

If you need to contact the police department about non-emergency problems at Mirasol, please use the Loveland Police number 667-2151. The animal control number is 226-3647.

If problems arise on the property to the south of Mirasol, as was recently the case with some nighttime gunshots, please call the County Sheriff, as that property is county land. That number is 970-416-1985.

Children's Day in downtown Loveland will be celebrated on Wednesday, March 3rd, with cartoons, story time, crafts, fun at the fire station and fishing pole casting lessons. Children's Day has been celebrated here since 1997 and is the brainchild of our own Annie Hall.

**Did you know?** In order for your clothes dryer to work properly, you should leave the door to the laundry area open. It needs the air circulation to work efficiently.



The Sun Newsletter is published 12 times per year on or before the 2<sup>nd</sup> Thursday of each month. This publication is created by the following volunteers in our community: Pat Marshall, 635-2603, patmarshall35@gmail.com, Sue Mendenhall, 669-5008, suelynn@aol.com and Millie Ternasky, 635-0845, mamater@msn.com. Please contact one of us, or Mark Betz, Event Center Director, with information for future issues, comments or questions, or if you would like to help with the newsletter. Submission deadline is the 2nd of the month.