



DECEMBER
2008

Moments *at* MARYCREST ASSISTED LIVING

A decade of excellence, a legacy of care.

OUR MISSION

Marycrest Assisted Living is a legacy of the Sisters of St. Francis. We provide compassionate and comprehensive services in a comfortable and dignified environment for persons with disabilities and for seniors. By serving those most in need we honor and maintain the mission of our founders.

Inside this issue:

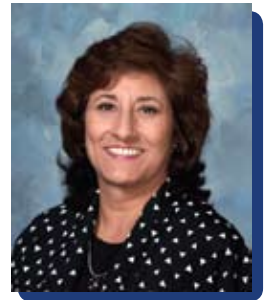
- 3 Employee Spotlight: Sean Kerns
- 3 Resident of the Month: Nicole Wilson
- 4 The More You Know
- 6 Cold Weather Safety
- 7 A Word Of Thanks
- 8 Campus Corner

The Director's Slate

Paula Padilla, Executive Administrator

What a year!

As I write this final Director's Slate message for 2008, I am amazed to look back over the last year and consider that we are living through extraordinary times. A year ago our nation wondered what the chances were of an African American winning the White House. In January, 2008, Barack Obama looked like a long shot. As Coloradans experienced relief that we no longer led the nation in home foreclosures, we could not imagine the epic financial meltdown that would happen in September. Now, amid the transition of political leadership, wars and domestic issues, America seems to be taking a hard look at the ways we live, and realigning our lives to better match our values.



Marycrest Assisted Living is experiencing its own historic year: 2008 marked our first decade of caring for low-income seniors and for younger adults with disabilities. Throughout this time we have been guided by the mission and vision of our founders, the Sisters of St. Francis.

Like many organizations, Marycrest Assisted Living is transitioning to new ownership to continue our vital mission, even as the Sisters prepare for retirement. Last month, ownership of Marycrest Assisted Living transferred from the Sisters of St. Francis to Legacy Senior Services, an operator of long-term care facilities throughout the US. While any ownership change feels dramatic, the Sisters selected Legacy Senior Services because of their longstanding commitment to organizations that fulfill a charitable mission.

You will find that very little will change at Harmony and Serenity Residences. Marycrest Assisted Living will continue as a non-profit, mission driven organization, led by the same Board of Directors. Sisters Sue Artone-Fricke, Regina Boyle and Genevieve Cuny continue to serve as board members, underscoring our strong ties with the Sisters of St. Francis and their legacy of care. Our leadership team remains the same, as do the staff who care for residents.

The transfer in ownership formalizes a transition that we have been making for several years. Assisted living and other long-term care providers are operating in an extremely difficult economic environment. Medicaid subsidies are a lifeline, but do not cover the full cost of the care and services we provide. The last two years in particular have presented a budgetary roller coaster as fuel and food costs far

continued on next page

Director's Slate...continued

exceeded our ability to anticipate and budget. The need for affordable assisted living providers like Marycrest Assisted Living is greater than ever.

I am heartened to read that, despite the economic times, people still seem to have hope for the for the coming year and beyond. Surveys conducted by Giving USA and other groups that track charitable giving trends are finding that donors see the needs all around us, and recognize their role in helping non-profit providers like Marycrest Assisted Living thrive. Fully 60% of Americans expect to give the same or more than they did a year ago.

That is good news, because Marycrest Assisted Living must increase its reliance on charitable support to bridge the financial gap, and continue our mission to provide the highest quality of care for our residents.

Your charitable gift to Marycrest Assisted Living is more important than ever. The Board has set a goal of \$84,000 to be raised this year in charitable support of resident care. In addition, we must raise an additional \$80,000 by February 28, 2009 to receive a matching grant from the Sullivan Family Foundation to replace our aging emergency call system with a two-way system that will better serve the needs of residents.

One of many lessons America has learned this year is how inter-connected and inter-dependent we all are. Events taking place even far away quickly land at our doorsteps, causing us to change the way we must work. Marycrest Assisted Living's Board and management are proud to be managing a dramatic transition with little impact on the lives of residents. We hope you will work with us by making a charitable gift as we move toward a brighter 2009.

With the Christmas season upon us, and all the festivities at Serenity and Harmony residences, I am encouraged by the fresh awareness I see of the importance of family, friends and the celebrations of everyday life. Whether we live secular lives or deeply religious ones, I believe all of us experience the feelings of hope that Christmas brings.

With warmest regards for a happy and peaceful holiday season,

Paula

Marycrest Assisted Living Board of Directors

Dennis Jones, Board President
Stifel Nicolaus & Company, Inc.

Sr. Sue Artone-Fricke, Board Secretary
Sisters of St. Francis

Sr. Regina Boyle
Sisters of St. Francis

Sr. Genevieve Cuny
Sisters of St. Francis

Don Lindley, Board Treasurer
Regis University

Mary Helen Sandoval
RE/MAX City Horizons

Lynn Smith, Board Vice President
Kate's on 35th

Staff Directory

Executive Administrator
Paula Padilla
303-433-0906, ext. 323

Business Office and Human Resources Director
Denice Crandall
303-433-0282, ext. 235

Serenity Resident Services Director
Sean Kerns, LPN
303-433-0282, ext. 223

Harmony Resident Services Director/Activity Director
Jodi Lucero
303-433-0906, ext. 331

Maintenance Director
Bob Ramirez
303-433-0282, ext. 228

Food Service Director
Jim Smith
303-433-0282, ext. 232

Marketing/Admissions Director
Pam Wright
303-433-0282, ext. 225



Marycrest Assisted Living

2850 Columbine Road
Denver, CO 80221

303-433-0282

A community of Legacy Senior Services

Employee Spotlight: Sean Kerns, LPN

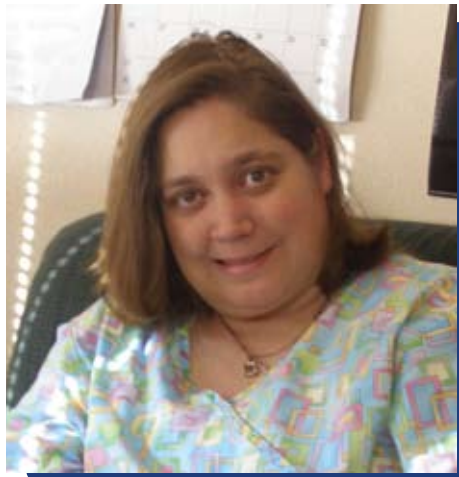
Marycrest Assisted Living welcomes Sean Kerns LPN, as the new Resident Services Director at Serenity Residence. Sean brings wide ranging experience to Serenity, as a trainer, supervisor and project manager. Three



years ago Sean earned his LPN credential, and has worked in assisted living and in pharmacies. A native of Colorado, Sean enjoys leisure time with his family, and especially loves to read, listen to music and attend sports events. •

Resident of the Month: Nicole Wilson

New Harmony resident Nicole Wilson came to Marycrest Assisted Living in October of this year. A native of Riverside, California, Nicole moved with her family to Lakewood, Colorado when she was 12 years old. She graduated from Chapparral High School in Parker. She loves all animals,



and worked in an animal shelter. Nicole has a lot of interests: long walks, puzzles and surfing the internet are just a few. Her favorite holidays are Thanksgiving and Christmas, when she looks forward to special time with family and friends, and with her new neighbors at Harmony and Serenity. •

Campus Corner...continued from page 8

Saturdays. **Please call Barbara in the Activities Department at 303 433-0282 to schedule time to come and play.**

Marycrest Assisted Living acknowledges that at this time of year residents and family members may wish to **express their gratitude to staff.** In accordance with Marycrest Assisted Living philosophy, we ask that instead of making donations to individual staff, you drop monetary gifts in the rent slot in the office door located at Serenity Residence.

All gifts will be collected and put to use for staff appreciation activities. Please be sure to write "staff appreciation" on the envelope.

If you wish to give baked goods, candy or food baskets, please give these to the receptionists. Throughout the season these gifts will be set out in the staff lounges for all to enjoy. The best way to show your appreciation for a specific staff member is to send a card. Thank you! •

The More You Know: Weathering The Flu Season

There is a big difference between a “stomach bug” and the flu, although most of us do not realize the difference. A stomach bug can be a viral or bacterial infection, or as simple as a bad reaction to a food eaten.

The flu is much more serious, and each winter affects up to one in five people. Getting a flu vaccination can protect you from getting the flu, or can minimize the symptoms of the flu if you do contract it.

Influenza is a viral respiratory infection that causes sneezing, severe cold symptoms, fever and body aches, and in some cases nausea and vomiting. It is easily transmitted from one person to another through physical contact (shaking hands, using the same pen) and through secretions of the nose and lungs when an infected person sneezes. The flu is hard on the body, especially older people, and those with chronic physical conditions or fragile immune systems. Severe symptoms can

stress the body and lead to “super-infections,” bacterial infections that occur on top of the respiratory infection.

Having the flu is miserable, but prevention is as easy as an annual flu shot. The flu vaccine is an inactive virus, injected into muscle, which stimulates the body’s immune system to develop antibodies to fight the disease. When a vaccinated individual is exposed to the active flu virus, the body is ready to fight off the disease before it can make that person sick. The vaccine is effective within two weeks of injection. Most people get flu shots in the fall.

A flu shot you had last year will not protect you from this year’s flu virus strain. It’s impor-



***Having the flu is miserable,
but prevention is as easy as
an annual flu shot.***

tant to have a new flu shot every year.

Getting one now will still protect you for the rest of this flu season.

Medical professionals recommend that people who are at highest risk of getting the flu or its complications should get the vaccine. These include:

- Those age 65 and older
- People who live in assisted living or other care facility
- Those with heart or lung conditions, chronic diseases like MS or diabetes, kidney disease.
- Persons with weakened immune systems due to cancer treatments, HIV/AIDS, or long term treatments with drugs such as steroids.

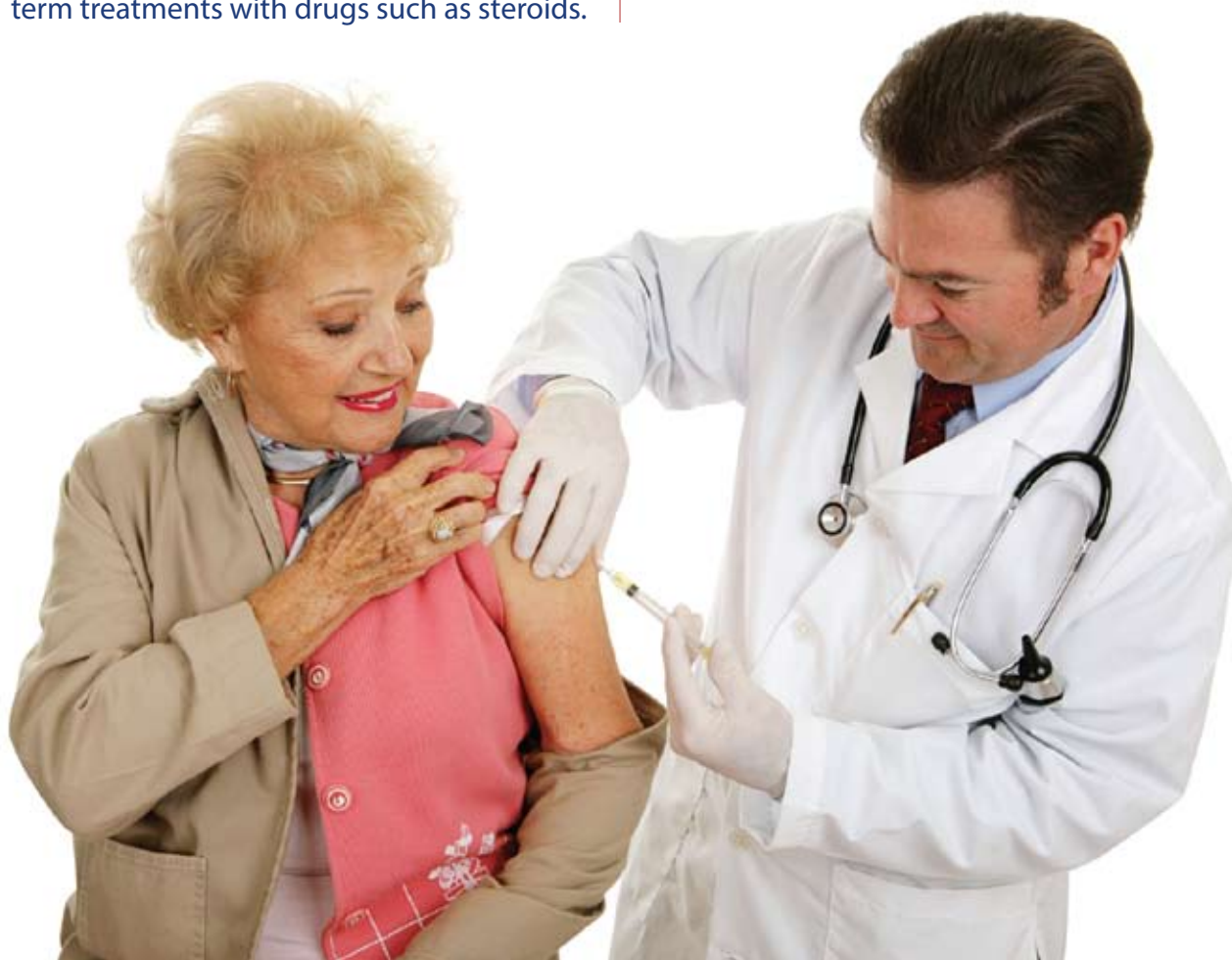


- People who have a high degree of physical contact with others, especially health care workers, those who work with the elderly and those who care for very young children.

If you have been ill recently, wait until you are well before you have your flu shot. Don't get one at all if you have an allergy to eggs, or have a history of sensitivity to a previous flu shot.

Flu shots are available at many retail pharmacies, or through your doctor. Have a healthy winter season...get a flu shot now.

For information on other topics of interest to families, visit our web site at www.MarycrestAssistedLiving.org/resources.html. •



Cold Weather Safety

In Colorado's dry climate, we welcome the first snows of winter and turn our thoughts to white Christmases, outdoor sports and warm fires to cheer our homes.

Any extreme in weather – summer's heat or winter's cold – can pose threats to health and safety. Taking a few steps to be prepared can make the winter months more comfortable and enjoyable.

Exposure to cold can cause injury or serious illness, especially in the elderly and those with chronic health problems. Frostbite occurs when skin is exposed to freezing temperatures, and becomes damaged from reduced blood circulation. The first signs of frostbite are numbness and redness of the hands and feet. Hypothermia occurs when the body's temperature drops below normal (98° F) and the body is unable to replenish the lost heat. Shivering is the most common symptom of hypothermia, though more extreme cases cause the individual to become clumsy, confused and pale.

The likelihood of injury or illness caused by exposure to the cold depends on factors such as physical activity, clothing, wind, humidity, working and living conditions, and a person's age and state of health. Follow these tips to stay safe in cold weather:

- Dress appropriately before going outdoors. The air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite.
- Avoid being outside for extended periods of time in extreme cold weather.
- Dress in layers so you can adjust to changing conditions. Avoid overdressing or over-exertion that can lead to heat illness.
- Most of your body heat is lost through your head so wear a hat, preferably one that covers your ears.
- Mittens provide more warmth to your hands than gloves.
- Wear waterproof, insulated boots to keep your feet warm and dry, and to maintain your footing in ice and snow.
- Take frequent breaks and drink lots of water.
- Recognize the symptoms of hypothermia that can be a serious medical condition: confusion, dizziness, exhaustion and severe shivering. Seek medical attention immediately if you have these symptoms.
- Recognize frostbite warning signs: gray, white or yellow skin discoloration, numbness, waxy feeling skin. Seek medical attention immediately if you have these symptoms.
- Holiday traveling and winter can be a dangerous combination. Allow extra time when traveling. Monitor weather conditions carefully and adhere to travel advisories.
- Keep a winter storm survival kit in your car. This should include blankets, food, flares, chains, gloves and first aid supplies as well as bottled water. •

(source: American Red Cross www.redcross.org)



A Word Of Thanks

A decade of service... a legacy of care. More than a decade ago, the Sisters of St. Francis wrote a new chapter in their history.

They saw the aching need of low-income elders with few resources for affordable using and daily assistance. The Sisters were among the earliest to recognize that persons with chronic disabilities faced even greater challenges in finding affordable housing that would also meet individual needs for a peer community. Motivated by their mission to serve the poor, the homeless and the disadvantaged, the Sisters founded Marycrest Assisted Living.

The Sisters' philosophy and presence have guided Marycrest Assisted Living through a tumultuous ten years, as we have seen the advent of healthcare technologies and treatments that save and lengthen lives with quality and dignity. The Sisters have anchored us through the terrible days of the 9/11 attacks and supported us in prayer and service through an astounding roller coaster of economic times.

Now the Sisters are beginning yet another chapter, streamlining their obligations to better fit the number of sisters available, and planning for their own retirement and the care of sisters now retired. As part of this transition, Marycrest Assisted Living has become a separate charitable organization.

The Board, leadership team and staff of Marycrest Assisted Living humbly thank the Sisters

of St. Francis for their vision in creating this hilltop community. We are proud to stand as your legacy in Denver, Colorado.

Marycrest Assisted Living now has an even greater obligation to thrive financially and independently. The ongoing gifts of our donors have allowed Harmony and Serenity to offer a wider breadth of social activities for residents, and the convenience of a primary care physician on-site. Still other gifts have supported the general care provided to all residents, recognizing that rent payments fall short of actual costs.

We have challenges ahead of us, to continue our quality of care and the quality of our communities, and to keep the Serenity and Har-

mony residences looking fresh, and adapting them to the changing needs of our residents. Volunteer service, cash gifts and in-kind donations all contribute to making Marycrest Assisted Living the best possible in caring for our residents.

All of us are feeling the anxiety of the economic times, yet most of us feel optimistic that better times await in the new year.

Please allow your optimism to guide your charitable giving this holiday season, and make a generous gift to Marycrest Assisted Living.

As always, you may contact us directly at 303 433-0282 and ask for Denice Crandall, or visit us on the web at www.MarycrestAssistedLiving.org/giving.





Join us on **Saturday, December 13th from 9:00 – 11:00** as we welcome **Santa Claus** and celebrate Christmas at Harmony and Serenity Residences. We'll enjoy live entertainment, pictures with the old elf himself, great food and fellowship. **We will continue to welcome donations of gifts for residents through Christmas, and deeply appreciate your generosity.**

The best part of the holiday season is the many **volunteer groups that come to Marycrest Assisted Living** to sing carols, decorate, lead crafts and games and generally spread cheer. Every weekend from mid-November through New Year's Day features individual volunteers and groups who organize festivities, sing carols, lead crafts and generally keep

the residences hopping. The liveliness of the year-end months contrasts starkly with the quiet of the Harmony and Serenity residences after New Year's Day. If you, your church or other group are considering ways to make the season bright for others, we have a suggestion: **Come to Marycrest Assisted Living in January and February.** Anytime is the right time for a party, whether celebrating Martin Luther King's birthday, another snowy day, or simply



continued on page 3

Moments at MARYCREST ASSISTED LIVING
Marycrest Assisted Living
2850 Columbine Road
Denver, CO 80221

