



# MARYCREST

SPRING  
2007

# Moments

## OUR MISSION

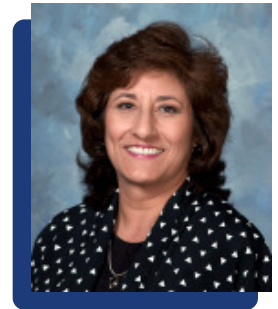
Marycrest Assisted Living, a ministry of the Sisters of St. Francis, provides supportive, caring services in a home-like environment that enhances independence and quality of life for under-served persons with disabilities and seniors. Staff, residents and families together create a peaceful community which nurtures the spirit and values the dignity of each person.

## Inside this issue:

- 2 The More You Know: Tips When Visiting the Elderly
- 3 Campus Corner
- 3 Farewell to Jo-Ann Chavez
- 4 Challenge Grant Triples Your Gift

## The Director's Slate

**Paula Padilla, Executive Administrator**



Great care communities don't just happen. They require vision, planning and commitment. Perhaps there was a time when one person provided the vision and planning for an organization, then directed others on the follow-through. That paradigm is no longer true. Today, care communities – or any business – must tap the vision, talent and commitment of people at all levels of the organization.

During January, Marycrest Assisted Living's Board of Directors, the management team and our management consultants Health Dimensions Group met to begin the process of strategic planning for the future of Marycrest Assisted Living. At the center of our work was the recognition that *change* is the only absolute – change in the marketplace, in our neighborhood, the products and technologies that help us fulfill our mission, and the people we serve. The best way to prepare for the future is to create it.

The energy that these committed individuals bring to this process is tremendous, and their viewpoints and ideas are compelling. Throughout our strategic planning retreat, we asked many questions. Where are we now? What are the possibilities? Where do we want to be? How will we get there? At all times we were guided by our mission and the core values that make Marycrest Assisted Living a vital and vibrant community.

An exciting vision is emerging for Marycrest Assisted Living as part of a new neighborhood including Mercy Housing and Warren Village that blends the legacy of the Sisters of St. Francis with the mission of our new neighbors. In this neighborhood, Marycrest Assisted Living links the Sisters' century of ministry in north Denver and the future of the Marycrest campus as a diverse community driven by a mission – and a passion – to serve others.

With warmest regards,

*Paula*

## New Service for Residents and Families

Marycrest Assisted Living now offers rent payment by Electronic Funds Transfer (EFT.) EFT allows you to have rent payments deducted from your bank account on a monthly schedule that you determine. Many families find this a convenient way to assure timely payment and avoid late charges. If you are interested in setting up EFT, please call Denice Crandall, Business Director, at 303.433.0282, ext. 235, or at [BusinessOffice@MarycrestAssistedLiving.org](mailto:BusinessOffice@MarycrestAssistedLiving.org).

## The More You Know...

### Tips When Visiting the Elderly

Sometimes families and friends feel uncomfortable about visiting someone in a hospital, assisted living or nursing home. Even when the relationship has been a long one, many visitors feel at a loss about the right time to visit, what to talk about, or what to do. Here are a few tips to help plan your visits and make them special.

#### Who, When and How Often?

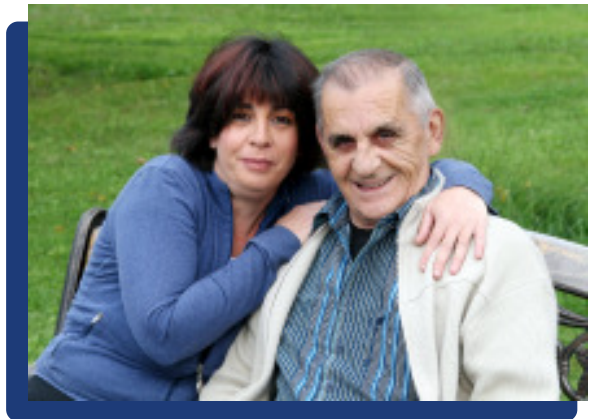
- Anyone who is important to the resident is a good visitor.
- Visit as often as you are able. Set a regular schedule, if possible.
- Allow enough time. If you feel rushed, the visit will be unsatisfying for both of you.
- More frequent short visits are as good as longer visits that happen less often.
- Visit even if your loved one has memory loss or is comatose. Everyone responds to tenderness, affection and holding hands.

#### What to Talk About?

- Plan for your visit by making a list of things you might discuss: news of the family, reminiscing, a topic of interest.
- Talk, even if the resident does not converse. Hearing a familiar voice is soothing, especially for someone who cannot communicate well.
- Read aloud a story or newspaper article or book.

#### What To Do?

- Share photos and recall family events.
- Watch home videos, play board games, give a manicure, fix someone's hair or even help write letters.
- Consider an outing: dining out, visit a garden. (Be sure to check with the facility staff regarding medications, special equipment or other needs.)



### STAFF DIRECTORY

#### Executive Administrator

Paula Padilla  
303-433-0906, ext. 323

#### Business Office Director

Denice Crandell  
303-433-0282, ext. 235

#### Human Resource Director

Amy Herrick  
303-433-0282, ext. 241

#### Activity Director/Harmony Resident Services Director

Jodi Lucero  
303-433-0906, ext. 331

#### Serenity Resident Services Director

Dawn Perez  
303-433-0282, ext. 223

#### 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 Marycrest  
Franciscan Ministries

### Board of Directors

**Mary Helen Sandoval, President**  
RE/MAX City Horizons

**Karen Wenzel, Vice President**  
Executive Director, MS Center

**Sr. Susan Artone– Fricke**  
CFO, Sisters of St. Francis

**Sr. Regina Boyle**  
Sisters of St. Francis

**Sr. Genevieve Cuny**  
Sisters of St. Francis

**Dennis Jones, Secretary/Treasurer**  
Managing Director Stifel Nicolaus & CO., Inc.

**Don Lindley**  
Regis University

**Lynn Smith**  
Kates Café

# Campus Corner

## News, Updates, Goings-On and Other Things to Know...

Despite the endlessly snowy winter, spring is finally arriving with its vibrant colors and renewed life. Marycrest Assisted Living celebrated the arrival of spring with our Annual Easter party on Thursday April 5th. Festivities included hunting for eggs, pictures with the Easter Bunny, refreshments and lots of smiling faces. Thanks to volunteer residents, Regis students, and the Marycrest activities staff, the Easter Egg-stravaganza was an egg-stra special success.

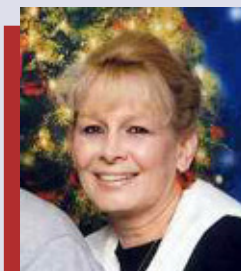
### Welcome!

**Dr. Stephen Gill** with Denver Foot & Ankle Clinic will be coming to Marycrest Assisted Living the third Wednesday of every month. He will be accompanied by his nurse and medical assistant. Dr. Gill will care for residents who have Medicare, Medicaid or private insurance with a referral.

### Thank You!

We sincerely thank the **Colo-Red-Does**, a local Red Hat Chapter, for hosting the monthly **Country Store** at Har-

## Farewell to Jo-Ann Chavez



It is with great sadness and sorrow that families, employees, and residents at Marycrest Assisted Living say goodbye to Jo-Ann Chavez, Case Manager for Serenity. Jo-Ann passed away February 28.

Jo-Ann started her CNA career with Marycrest Assisted Living April 1, 1998, two weeks after we opened our doors. Jo-Ann quickly demonstrated leadership abilities and became the shift supervisor. That first year Jo-Ann was voted Most Valued Employee of the year by her peers and subordinates. After realizing all the different duties Jo-Ann was doing, management developed a case management position and asked Jo-Ann to fill it. Jo-Ann dealt extensively with the Serenity residents, their families and with service providers in the community. She also sat on several community boards furthering health care for seniors.

Jo-Ann is survived by her husband, 3 sons, 1 daughter, and 2 grandchildren. Jo-Ann's passing will definitely leave a large void at Marycrest Assisted Living, but the mark she left on the lives of the residents, families, and staff will be remembered forever.

mony and Serenity. The Store is a big hit with the residents, many of whom aren't able to get out to shop for personal items and gifts. In addition to sundries and essentials, the Country Store offers beautiful hand-made gift items. As a further gift, the Colo-Red-Does are donating all sales taxes due, saving residents 4% on their purchases.

Inspired by the Colo-Red-Does, Marycrest Assisted Living residents have formed their own Red Hat Group. Even more thanks go to the Colo-Red-Does for helping start this group, and for purchasing the actual hats that make the group official. Thank you Colo-Red-Does!



# Challenge Grant Triples Your Gift!

## Charitable gifts are an important source of funding at Marycrest Assisted Living.

Throughout the year, donated funds are used to underwrite the cost of care and services for low-income residents, special programs like Resident Life and on-site physician services, or to maintain and improve Harmony and Serenity residences and the grounds. This year, we have set a goal of raising at least \$200,000 in charitable support, and now we have received a special opportunity to encourage everyone to give.

The Sullivan Family Foundation and the Catholic Foundation for the Roman Catholic Church in Colorado have challenged Marycrest Assisted Living, its donors and friends to raise \$38,000 toward refurbishing the first floor public areas of Harmony Residence. The Sullivan Family Foundation and the Catholic Foundation will match each dollar raised with two dollars, effectively tripling the impact of each gift. Under this matching offer, in meeting the modest goal of \$38,280, we will actually receive \$114,840!

### Every \$1 you give will be matched with \$2 from these generous foundations.

This challenge is a time-limited one. Please make a special gift to Marycrest Assisted Living to help meet this important challenge and help maintain the quality of care and peaceful environment that we provide to every resident.

Please make your gift to Marycrest Assisted Living Challenge, and mail to 2850 Columbine Rd., Denver, CO 80221. If you would like to give by electronic funds transfer or through a gift of stock, please call Denice Crandall at 303.433.0282, ext. 235.



## MARYCREST *MOMENTS*

Marycrest Assisted Living  
2850 Columbine Road  
Denver, CO 80221



Marycrest Assisted Living offers services to everyone without regard to race, color, sex, religion, marital status, handicap or national origin.