



Cinnamon Park

News

March 2010



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Upcoming Events

Lunch Outings to I-HOP (16th) & Cinzetti's (29th)

Computer Lab: 3/16 Join staff as they assist residents with their email communications.

On 3/16 we will be attending the Longmont Senior Connection at the Radisson Conference Center. This event is free to everyone and includes several special events. Cinnamon Park will be participating, so stop by and see our display booth.

Irish Step Dancing: 3/17

Drawing Class w/Julia (3/18): Join one of our newest volunteers for this fun class.

Bingo Marathon: 3/23 -10am, 2pm and 7pm.

Dental Clinic: 3/24 9am to 2pm. Debra Rocchi, RDH with Rocky Mountain Dental Hygiene will be here that day to provide dental cleanings. Cost is \$40.00. Sign-up in the PCP Office.

Join us for our monthly birthday party on 3/26 as we celebrate Bill Fox and Rosa Manchaca's birthday.

Join the fun of our new fitness class entitled "Get Fit", offered three times a week. We are following instruction materials from The National Institute on Aging.

2010 Census will be conducted at Cinnamon Park in April.

UPDATE ON REMODELING....

The painting and carpeting are soon to be completed in both houses. Now we wait for the living room furniture and dining room chairs.

While most of the remodeling changes we welcome, some changes can affront our sense of the predictable. Changes in the lay out of the dining room and living room furniture can be stressful for us as we may have to adjust our daily routine.

The new furniture will likely facilitate some new arrangements. We hope to create spaces where residents can gather and visit or recreate. We also want spaces that foster some quiet reflection and solitude. It will be essential to obtain feedback and have conversation as we assess how our home should reflect comfort and style. April may bring the conclusion to our major remodeling. Let's have a party when it's done and celebrate our new home !!



Helen and Erica

Thank You!

Thanks to Lauren Humdy and Nancy Beaudrot for volunteering to help with our resident activity program. Lauren's mother lives here at Cinnamon Park and Nancy is currently a Peer Counselor at the Longmont Senior Center. They both responded to our Wish List request to help strengthen our recreation program.

What is this talk about Culture Change ???

Someone recently asked me what Culture Change was. They had heard the expression many times (we talk about it a lot at Cinnamon Park too), but it still has some vague qualities for many of us. Culture change is a "movement", most influential in long term care settings. Its core focus is to enhance and enrich the lives of older adults. It has an *organic quality*, based upon the residents and staff who live and work in that particular residence. Choice is a guiding principle to Culture Change. Sometimes "learning circles" are used to gather information and ideas from the residents and care giving staff. The expanded way of treating and responding to the needs of residents is called "Culture Change" since it does indeed change the culture within which they live.

Next month we'll share some of the ideas that have been implemented as a result of the culture change movement.