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# 2008 HOLIDAY EDITION OPTIONS

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### What do our residents want for the holidays? Here are a few ideas...

- Volunteer hours
- Twin bedspreads
- Gift cards to Target and Wal-Mart
- Wii systems
- Games for Wii systems
- Large screen TV's to play Wii games

## THE SPIRIT OF THE HOLIDAYS IS ALIVE AND WELL AT SHO DURING TOUGH TIMES

Though the spirit of the holidays rests in giving, it doesn't take a large gesture to have an impact. During tough times, there are many things that can be done to celebrate the season with SHO. Volunteering at a holiday party, teaming up with a property to take on a holiday project or donating an item on our wish list are just some of the ways the community can help make this year special for our residents.

Helping SHO this year is particularly important. Despite the difficult economic climate, staff and employees have to continue to do what they've always done — provide top quality services, prepare meals and organize events. Senior Housing Options isn't going anywhere and neither are residents and their needs.

"We're all doing more with less," said Teri Whelan, Executive Director of Senior Housing Options. "Giving makes the holidays meaningful and fun. Despite the challenges, there is plenty that we can all do for each other."

Community members have a number of opportunities to help. The most popular donation requests from SHO residents this year are Wii systems and system games to be used in community rooms for everyone. And we need large screen TV's to make the systems work. Many of our older adults are excited about the technology and buildings that receive gaming systems have plans for exercise classes and other activities.

But there are other ways to give during the season. Some SHO sites are looking for partners to develop holiday parties and giving programs. In addition, individual and small group volunteers are needed to organize programs, help with shopping trips and assist residents with individual needs.

SHO's residents, who are grateful for all they've received, want to give back as well. With help from staff, they're organizing a food drive with all proceeds going to the Food Bank of the Rockies, an organization that helps the whole community including SHO. Family, friends, staff and community members who want to participate are asked to bring canned donations to holiday parties. If that isn't possible, they can drop off food items to SHO properties during regular business hours. Properties that are accepting donations are The Barth Hotel, Park Hill Residence, Cinnamon Park, The Olin, Grand Living Senior Homes and Mesa Vista Assisted Living.

Joining in any of our holiday activities is easy. If you'd like more information contact Regina Nichols by phone at (303) 595-4464 ex. 10 or by email at [rnichols@seniorhousingoptions.org](mailto:rnichols@seniorhousingoptions.org).

**Giving makes the holidays meaningful and fun. Despite the challenges, there is plenty that we can all do for each other.**

**- Teri Whelan**  
Executive Director SHO

## PARTICIPATE IN SENIOR HOUSING OPTIONS HOLIDAY FOOD DRIVE

SHO's residents, who appreciate all they've received, want to give back during the holidays. With help from staff, they're organizing a food drive with proceeds going to the Food Bank of the Rockies and other food banks throughout the state that have helped Senior Housing Options residences.

Family, friends, staff and community members who want to participate are asked to bring canned donations to holiday parties. If that isn't possible, they can drop off food items to SHO properties during regular business hours. Properties that are accepting donations are The Barth Hotel, Park Hill Residence, Cinnamon Park, The Olin, Grand Living Senior Homes, Cliffview Assisted Living and Mesa Vista Assisted Living. For questions contact Deborah Cameron, Director of Community Relations at (303) 595-4464 ex. 14 or email her at [dcameron@seniorhousingoptions.org](mailto:dcameron@seniorhousingoptions.org)

**Food items can be dropped off at any SHO residence from Dec. 8-22, 2008**

### Suggested Donations:

**Tuna, ham, beef stew, chili, baked beans, soup, fruit, vegetables, peanut butter, jelly and pasta.**



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## 2008 HOLIDAY EDITION

# SHO'S YEAR OF SAFETY AND SECURITY APPROACHES GOAL

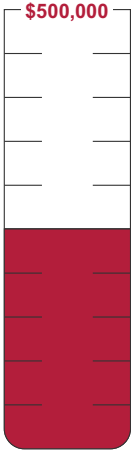
### Help us Get There by the End of 2009

A sense of security can turn an average living space into a home. The knowledge that the place where they spend each day is safe, secure and filled those who care allows residents to experience peace and enjoyment. That's why, nearly one year ago, we declared 2008 / 2009 the Years of Safety and Security at Senior Housing Options.

We've made some strides in reaching the goal for our campaign and are about half way to our \$500,000 mark. With these funds, we'll purchase items including emergency call systems, safety devices for each resident, state-of-the-art fire systems and fire doors, new kitchen equipment and new vans. And as we go forward, this wide-reaching effort will touch every one of the nearly 500 residents throughout the state ranging from Downtown Denver to the four corners region and the western slope.

Though we've made strides, we still have further to go in this important campaign. So we ask you, our friends, family and supporters to please consider a contribution to this important effort during this holiday season.

Donating is easier than ever. Simply go online to our secure website at [www.seniorhousingoptions.org](http://www.seniorhousingoptions.org) and click on the tab which says "make a donation." Any amount you provide is appreciated. It will allow Senior Housing Options to continue to honor and support our residents.



## CHEF BRINGS CULINARY EXPERIENCE FROM ALICE WATER'S CHEZ PANISSE TO MADISON HOUSE

After her graduation from culinary school, Chef Diane Toman was fortunate enough to cook for the best. She spent four years on staff at Alice Waters' iconic

Berkley California restaurant Chez Panisse and served as a private chef for a family in Pagosa Springs. Now she's cooking for residents of Madison House.

Toman joined the staff in early November while her bed and breakfast, Dolores-based Cabins at Bear Creek was closed for the winter. She says she's looking forward to this opportunity to cook for older adults. "I'm excited to be working for seniors and am really enjoying getting to know them. They've been supportive of what I've done so far and aren't afraid to try some things I make that are new to them."

Toman's presence is an opportunity for the existing staff to learn new cooking techniques and find out how to work with foods they haven't prepared before. At the same time, it's a chance for residents to experience new flavors. This idea can be surprising to them. The residents don't expect that part of the assisted living experience means they have the chance to broaden their lives and try new things — including foods that that might never have been a part of their lives.

Toman is looking forward to being at Madison House through the winter, particularly to helping prepare the holiday meal. This year, she expects to prepare a traditional noon holiday meal and a lighter late-day meal that includes roasted butternut squash soup and spinach ricotta ravioli. With these kinds of recipes, it's likely that more residents and family than ever before, will make Madison House their destination for a holiday meal.



## Introducing...

Steve Watkins  
Board Member SHO

Steve Watkins is an attorney practicing with Bradley Devitt, P.C. in Golden who joined the board in January 2008. He brings past experience as a board member for nonprofits. In addition to his volunteer efforts with SHO, Steve is also the chair of the administrative counsel at Trinity United Methodist Church. Trinity has been supporting the Olin Hotel, one of SHO properties, through various means including an annual holiday party. Through this connection, and that of former board member Jack Houser, Steve became interested and associated with SHO. Steve has also been on the Board of Trustees for the 1st Judicial Bar Association and the Board of Directors of the American Pointing Labrador Association.

## Going Green in 2009...

Newsletter Production  
Moving Online

Keeping up with Senior Housing Options' activities doesn't have to cost a lot of trees. Beginning in 2009 we'll be replacing our quarterly newsletter with a short, informative online newsletter delivered directly to your email in-box. In this newsletter you'll learn about residence events, staff changes, operational news and basic information about finding caring, senior housing for yourself and your loved one.

But you have to sign up in order to receive these emails and staying connected is easy. Simply go to our website at [www.seniorhousingoptions.org](http://www.seniorhousingoptions.org) and click on the eNewsletter sign up button to the left of the home page.

All information is kept confidential and you can tell us your preferences so that you only get information you're interested in. If you have any questions simply call us at (303) 595-4464 ex. 14 and ask for Deborah.



# THE HOT L BALTIMORE

## THANK YOU FOR YOUR SUPPORT OF THE HOT L BALTIMORE

This summer, SHO's historic Barth Hotel was the setting for performances of the award winning play, *The HOT L Baltimore*. As SHO's major fundraising effort in 2008, it was one of our most successful fundraisers ever. The play was presented in 19 performances with all contributions slated to be used in support of our Years of Safety and Security Campaign.

SHO would like to thank director Terry Dodd, the cast and crew and all attendees for their efforts in support of this event. We'd also like to thank all of our event sponsors especially the "stars of the show" the Hahn Family and Susan and Leo Keily. All of their efforts have benefitted our residents greatly!



## PET THERAPY BRIGHTENS DAYS OF RESIDENTS AT THE BARTH

Every Tuesday just after lunch, residents of the Barth Hotel, an assisted living center located in a remodeled western hotel in Lower Downtown Denver, wait expectantly in the lobby and community room. Just on schedule, Joakie, a 110 pound yellow Labrador Retriever bounds into the room, sits calmly by his owner as residents gather, and waits for his weekly dose of adoration and treats. Simply by receiving this attention Joakie gives back much more to the residents.

According to Karen Meyer, Joakie's owner and a volunteer with Denver Pet Partners, "Joakie has always had the gift of cuddling up with people who needed it. And as I enjoy conversing with seniors, I was excited when the opportunity came to work at the Barth Hotel."

As part of their pet therapy program, Joakie and Karen bring conversation and connections that can be new for some of the residents. Often a group will sit together and enjoy Joakie's open appreciation for their attention and belly scratches. A number of people are shy in the beginning, but by the end of a session there's laughter, jokes and enthusiastic sharing.

One resident in particular, Marcus, has opened up during the visits. At one session, following seven or eight visits when he'd sit quietly to the side, Marcus was the only resident in attendance. On that day, Joakie couldn't snuggle in close enough and eventually joined Marcus on the couch. After a very quiet moment, Marcus blurted out that he loved Joakie and gave him a full on body hug, burying his head into Joakie's neck. Since that time, Marcus' visits are much different and the two share a unique bond.

Through many visits at the Barth, Joakie's ability to reach out often bridges communications gaps that no one else can fill. Pet therapy programs such as the Barth's take place in hospitals and nursing homes throughout Colorado. If you'd like to find out more about how to get involved go to [www.denverpetpartners.org](http://www.denverpetpartners.org).