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 S H O. 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 appreciate all they’ve received, want to give back as well. 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.

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.

**In This Issue**

**Year of Safety and Security**
Help us reach our goal by 2009

**Pet Therapy**
Brightens days of residence at Barth

**Chef Brings Culinary Experience**
From Chez Panisse to Madison House

**Going Green 2009**
Newsletter production moving online

**Suggested Donations:**
- 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

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

**What do our residents want for the holidays? Here are a few ideas…**
- Tuna, ham, beef stew, chili, baked beans, soup, fruit, vegetables, peanut butter, jelly and pasta.

---

**The Spirit of the Holidays is Alive and Well at SHO During Tough Times**

*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

---

**Share Your Holiday Activities With Us!**
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 for our goal and are about half way through 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 rugs. 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 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.

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. That church has been supporting the Olm Hotel, one of SHO properties, through various means including an animal 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 Painting Labrador Association.

Introducing... Steve Watkins
Board Member SHO

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, 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 one particular visit, Joakie’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 might never have been a part of their lives.

Joakie 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.

Pet Therapy Brightens Days of Residents at the Barth

2008 Holiday Edition

S H O ’ S YEAR OF SAFETY AND SECURITY APPROACHES GOAL

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 Berkeley 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 Madison house, 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.”

CHEF BRINGS CULINARY EXPERIENCE FROM ALICE WATERS’ CHEZ PANISSE TO MADISON HOUSE

2008 HOLIDAY EDITION

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. That church has been supporting the Olm Hotel, one of SHO properties, through various means including an animal 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 Painting Labrador Association.

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. That church has been supporting the Olm Hotel, one of SHO properties, through various means including an animal 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 Painting Labrador Association.

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. That church has been supporting the Olm Hotel, one of SHO properties, through various means including an animal 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 Painting Labrador Association.