



SPRING 2011

UPCOMING EVENTS

February.....

A Matter of Balance Classes (Feb. 15th to April 5th.)

Valentine's Dance and Dinner (Feb. 14th 4pm)

Physical Fitness Classes: Tap Classes, Friday Fitness, Cycling Fun, Yoga

Mark your calendars.....

March 1st-Wellness Clinic 9-11am Senior Fitness Testing conducted

March 23rd-Family Bingo Party (Join us for a Pizza Dinner at 5:30pm, Bingo starts at 6:15pm)

March 24th, 9am to 11am Complimentary Hearing Screening- Boulder Community Hospital Audiology Department

Mother's day Brunch May 8th, 9am to 11am.

Father's Day BBQ June 19th Noon



Cinnamon Park News



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Pillars of The Park



Pat Mayfield, a resident at Cinnamon Park for the past eight years, quietly models a spirit of cooperation and engagement. Since her move to Cinnamon Park, Pat has always been involved in numerous activities and events, volunteering her time in whatever is needed. Pat is active in Resident Council, serving as Secretary for the past 3 years. "Pat is always willing to help out, whether that's pickling beets, planning future activities, making new napkins or helping with snacks", said Debbie Setlock, Manager of Cinnamon Park. Pat has a "can do and will do" attitude. She quietly goes

about her work, always with a cooperative and thoughtful spirit. "I enjoy being helpful and involved", said Pat. "This is my home and I care about it and enjoy having an influence".

Pat enjoys sharing her "goodies" from Wal-Mart with her friends at the dining table. She also looks after the staff, noticing and responding to their needs as well. Born in Longmont, Pat graduated from Longmont High. She later moved to Las Vegas where she lived for 27 years, raising her three children.

According to her daughter, "this is the healthiest her mother has been in years". Pat's overall health has improved and stabilized since coming to Cinnamon Park. Even her recent recovery from a "bum hip", went smoothly as Pat worked hard on her therapy, ultimately making a full recovery. Staff say she is an inspiration to us all.

"Life is good here, Pat replied, "I don't worry about things anymore. Stuff is taken care of and that gives me time to have fun".

One warm day in January, residents ventured down to Denver to enjoy a day at the Denver Stock Show. It was fun. We saw the prettiest Angus cows ever, fed some very hungry goats, ate pizza and saw more vendors than should be allowed in one place. Funnel cakes and fried Twinkies on top! See our pictures below.....



Gloria Hinton.

"Caring, thoughtful and unassuming", these are a few of the words used to describe Gloria Hinton, a six-

teen year veteran staff member at Cinnamon Park.

"Gloria is the kindness woman you'll ever meet", said one employee. Trini Lopez, her supervisor says she is considerate to both residents and staff, loyal and has a friendly smile for everyone.

When asked why she works at Cinnamon Park, Gloria simply replied, "Because I like helping people." Residents report that Gloria responds quickly and warmly to any request.

Gloria could retire, but that is not what she wants to do. "I like to work, and I feel it helps me physically and mentally.

Gloria has three children, two in Longmont and one in California. She is active in her church. She thinks it is important to give to others and keep active. Gloria also takes care of herself, walking 45 minutes every day. Even when it's cold outside, Gloria will be seen walking the halls of her apartment. What a blessing it was, sixteen years ago, when Gloria walked in our doors!



A Senior Housing Options Residence Website: www.seniorhousingoptions.org

**Cinnamon Park Assisted Living
A Senior Housing Options Residence**

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Senior Housing Options is a 501 (c) 3 non-profit organization
Our Mission: To provide and promote quality affordable housing and services
in a caring environment for older adults in Colorado.

**Cinnamon Park Assisted Living Residence
1335 Cinnamon St.
Longmont, CO, 80502**

TO: