



# Cinnamon Park Newsletter

February 2012

Cinnamon Park Assisted Living 1335 Cinnamon Street Longmont, CO. 80501 303-772-2882 Fax: 303-772-8318

## “Helping others helps me” by Gracie Sanchez

“My whole life I have enjoyed making crafts”, said Gracie Sanchez, a new resident at Cinnamon Park. While the change from her prior home to Cinnamon Park was difficult, her steadfast love of creating things, became an essential element in bringing back her since of joy. “My family helped me set up my work table and brought in my crafting supplies.”

Gracie’s interests are varied and she has mastered many handi-craft art forms. She enjoyed doing handmade bead-work and sold many of her jewelry pieces. She has made

baby blankets, enjoyed needle-point, cross-stitch, ribbon work, and crocheting. The finer the detail, the more she enjoys it!

Gracie’s career included seamstress work at a bridal shop. She did the embroidery and bead work on wedding gowns, all by hand.

In more recent years Gracie enjoyed volunteering at the Longmont Senior Center making quilts.

Gracie’s newest project is making holiday lapel pins for the Cinnamon Park Craft and Bake Sale, an annual event held every December.

Gracie also has a “green thumb”. If you visit her room you will see her orchids and hibiscus plants and her beautiful blooming amaryllis.

Born in Texas, Gracie raised her seven children in New Mexico and then moved to Colorado 10 years ago. She lived at Aspen Meadows for 9 years before coming to Cinnamon Park.

Gracie’s hands are not only busy with crafts, but she lends a hand in the dining room each night. “I enjoy helping others and staying busy. It makes me feel good about my life”.



**Mrs. Gracie Sanchez**

## Lauren Humdy: Volunteer Coordinator at Cinnamon Park

“It is with great delight that we have Lauren Humdy serving as our Volunteer Coordinator”, said Donna Lee, Recreation Director at Cinnamon Park. Lauren has been a volunteer at Cinnamon Park for several years and is expanding her volunteer time to serve in this new role.

Lauren’s mother also lives at Cinnamon Park. Connecting

closely to the Cinnamon Park community has always been important to Lauren and her volunteer role has provided an effective vehicle for that opportunity.

We thank Lauren for all the time and energy she has already given to us and look forward to her continued support as she works to grow our volunteer program.



**Donna Lee, Recreation Director (Left) and Lauren Humdy, Volunteer Coordinator at Cinnamon Park**



**February is National Heart Health Month. The Wellness Clinic, hosted by Longmont United Hospital, on Feb 8th will focus on how to maintain a healthy heart, both physically and emotionally. Student nurses will also be helping this month.**

**Family Night Meeting: March 1, 2012 at 6:30pm.** Join other families and friends of Cinnamon Park as we discuss the future trends in Assisted Living. There is currently an effort underway through the Colorado Department of Health Care Policy and Financing to look at additional mechanisms to create or enhance home-like assisted living communities. We would like to brainstorm with families your observations on this topic along with specific ideas for Cinnamon Park. Family input is an important step in any process of change. Your participation and comments are VERY important ! I hope you can attend!

**A Senior Housing Options Residence - A nonprofit serving for over 30 years!**

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