



# Park Hill Residence News

1901 Eudora St. Denver CO 80220 Phone 303-388-9437 Fax 303-370-1063

[www.Parkhill@seniorhousingoptions.org](mailto:www.Parkhill@seniorhousingoptions.org)

## *Upcoming fun*

9-2 9:30 Trip to  
Mother Cabrini for a  
Picnic

9-7 12:00 Labor day  
BBQ

9-9 1:00 Trip to Wal-  
Mart

9-13- 9-15 NALW

9-20 Trip to the  
Movies 12:00

9-23 10:00 Trip to  
Ever Green  
TRIFT STORE  
/Picnic

9-24 10:45 Trip to  
Chili's

*Happy Birthday*

*Art Prostkoﬀ 9-3*

*David Colon 9-18*

August was a Busy Month for Park Hill

Park Hill Had Outings to Buffalo Bill's Grave, Denver MUESUM OF NATURE AND SCIENCE , City Park and to the Movies.

Park Hill also had its annual Walk-A-Thon there was

10 residents that participated in Walk-A-Thon raising \$570 for the

Activities Department.

ParkHill Welcomes Fall and says good bye to summer.



"NALW"

September is also National Assisting Living week from September 13<sup>th</sup> -19<sup>th</sup>

"Nourishing Life"

In other news

Park Hill is sad to See Jenny T. one of our Resident Service Directors go, everyone here at Park Hill will miss Jenny dearly.

This month promises to be a fun-filled time for our Residents and we hope that some of you will be a part of it.

Park Hill's September Quote

Life is a song - sing it. Life is a game - play it. Life is a challenge - meet it. Life is a dream - realize it. Life is a sacrifice - offer it. Life is love - enjoy it.

Park Hill's September Joke

What did the cat say after eating two robins lying in the sun?

"I just love basking' robins."



**Park Hill Residence**

**September 2015 News**

**By: Mary Winkel**

*Hi, My Name Is Mary Winkel and I teach  
crochet. During the summer months I have  
been making hats and scarves. I filled a whole  
bin full of hats and scarves. Soon I will be  
donating them to a local shelter for the  
homeless. I hope they like them. I have a recipe  
for you. I hope you like it.  
Take Care, Mary Winkel.*

*If you would like to contribute we are a  
non-profit organization. Please contact:  
Amy Mathias at: 303-870-9165 or  
[www.seniorhousingoptions.org](http://www.seniorhousingoptions.org).*

***Barbecue Cheeseburgers-5lbs. ground beef, melted butter, salt and black pepper,  
slices cheddar cheese, hamburger buns, ice burg lettuce leaves, slices beefsteak  
tomato, kosher pickle relish, barbecue sauce. Measure ½ cup beef and make  
patties. Fry in frypan on medium heat 5 minutes, flip. Add 2 slices of cheese. Fry 5  
more minutes, put on plate. Brush butter on buns, fry until toasted. Assemble:  
bottom bun, 1tea barbecue sauce, 1 piece lettuce, 1 slice tomato, 1tea relish,  
patty, 1 tea barbecue sauce, top bun. Serve with potato chips.***

## **Park Hill Assisted Living Residence Senior Housing Options**

**1901 Eudora Street**

**Denver CO. 80220**

**Phone 303-388-9437**

**Fax 303-370-1063**

**TDD 1-800-659-2656**

**[parkhill@seniorhousingoptions.org](mailto:parkhill@seniorhousingoptions.org)**

### **Staff Email Addresses**

**Administrator: Matthew Wistreich**

**[parkhill@seniorhousingoptions.org](mailto:parkhill@seniorhousingoptions.org)**

**J, Resident Services Director: Anyula Whitmill**

**[parkhillrsd@seniorhousingoptions.org](mailto:parkhillrsd@seniorhousingoptions.org)**

**Maria Ortega, Activity Director:**

**[parkhillactivities@seniorhousingoptions.org](mailto:parkhillactivities@seniorhousingoptions.org)**



*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.*