

# The Residents' Newsletter

The Argyle \* 4115 West 38<sup>th</sup> Avenue, Denver, CO 80212 \* 303-455-9513



## November Resident Birthdays:

- Jesus Macias – November 6<sup>th</sup>
- Beverly Diedrichs – November 10<sup>th</sup>
- Eleanore Lebel – November 12<sup>th</sup>
- Deborah Johnson – November 12<sup>th</sup>
- Yvonne Duplessis – November 17<sup>th</sup>
- Marion Ellis – November 19<sup>th</sup>
- Amy Ballard – November 21<sup>st</sup>
- Carolina Bueno – November 25<sup>th</sup>
- Janet Nolden – November 28<sup>th</sup>
- William Suvada – November 28<sup>th</sup>
- Janet Speck – November 29<sup>th</sup>

## Bill's Buck Bingo!



Come enjoy the friendly competition and win \$1 or a Lottery Ticket for **EVERY** Bingo you get!

Ms. Doris, Ms. Glenda and Mr. Leonce all came to play and walked away with some money!

### Bill's Buck Bingo

We play every Tuesday and Thursday in Resident hallways at 3:15pm. See Activities to see when your hallway plays and sign up!

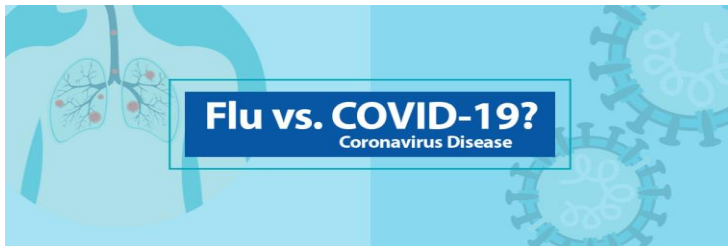


**SIGN UP  
AND JOIN  
US!**

# Covid vs The Flu

With the flu season around the corner, it is important to *get your flu shot* and be able to tell the *difference* between both illnesses!

Here is your quick guide to learn the *differences* and *similarities*!!



## November Staff Birthdays:

- Neddy G. – November 3<sup>rd</sup>
- Evelyng L. – November 8<sup>th</sup>
- Angela M. – November 17<sup>th</sup>
- Goeff V. – November 23<sup>rd</sup>
- Olivia M. – November 27<sup>th</sup>

HAPPY BIRTHDAY TO ALL OF OUR RESIDENTS AND STAFF MEMBERS!

<u>Covid</u>	<u>Similarities of both Illnesses</u>	<u>The Flu</u>
Loss of <i>taste and smell</i> is only seen with Covid.	Symptoms:	Virus
<i>Shortness of Breath</i> = Your sign to get tested!	Fever	Symptoms of Vomiting/Diarrhea
Predisposes people to <i>blood clots</i> .	Cough	Predisposes people to <i>bacterial pneumonia</i> .
<i>More transmissible</i> than your average flu/cold.	Muscle aches	<i>Anti-viral treatments</i> available
<i>No treatment</i> .	Headaches	Usually lasts <i>3-7 days</i> .
10-20x more likely to lead to <i>Death</i> .	Fatigue	Death rate per year on average 12,000-21,000.

**\*If you have any questions or concerns, please see your lovely nursing staff! 😊**

**Thanks, Jordan & Kristiana**

## Visit our NEW Meditation Room!

Want to get out of your Apartment during the Stay at Home order?

We would like ALL of our Residents to enjoy our NEW Mediation Room, (#142). Come enjoy some time outside of your Apartment to relax, meditate, pray, write a letter, read, etc.

This Room will be set up for one Resident at a time to enjoy some time away from home for 30 minutes.

There is a “Designated Desk” that has a few items that are available for you to take. Please do not take anything else from the room as the next Resident might enjoy it during their time.

## Remember to sign up for our Scenic Bus Rides!

Every Tuesday and Thursday we have a Scenic Bus Ride at 9:30am. If you signed up for a ride, please meet at the Front Desk at 9:15am.

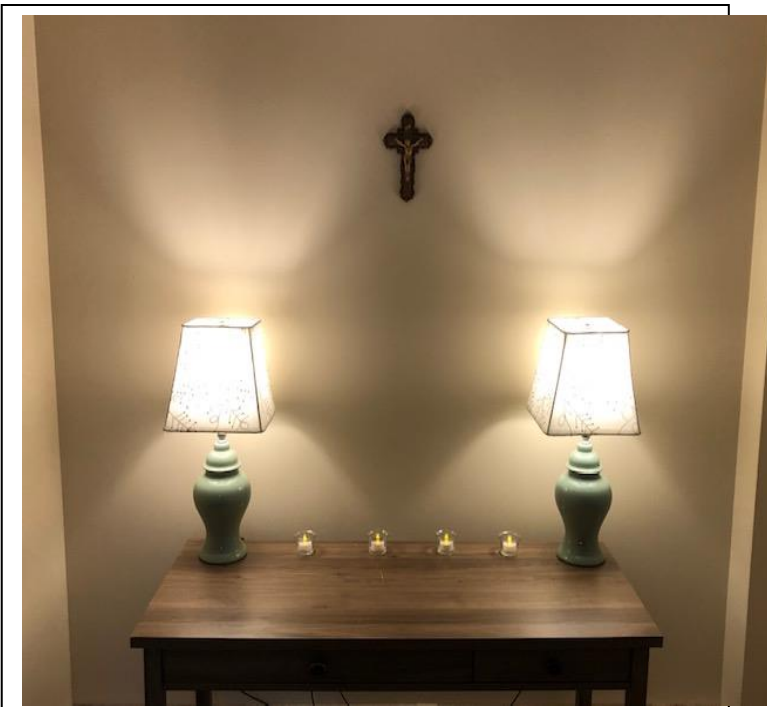
For all of our rides, please remember to:

- Wear warm clothing
- Bring a coat/jacket just in case
- Wear your mask at all times
- Use the Restroom before leaving

The Argyle will provide water and snacks for the bus ride.

Our rides will takes us on all sorts of scenic adventures!

Please see Alison, Katrina or Brooke to sign up!



## Stay at Home Order

We are currently still under the Stay at Home order. As of now, this order will be in effect until November 16, 2020.

With this order in effect, all Activities will be held in the individuals' hallways. We will not be intermixing different hallways for any Activities or outings.

We appreciate your understanding with this as we know it is very frustrating. If there is anything we can do or if you have any questions or concerns please contact Alison.

Thank you!

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## **“Book it with Brooke”**

I'm here for you!

Please sign up with Brooke if you need access to a computer, want to zoom with a family member, have a quick chat, play a game, listen to music/add more music on your IPod, or a one-on-one activity. It'll be **Saturdays ONLY from 9am – 11am, with 30 minute sessions.**

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## Help Keep Yourself and Each Other Safe By:

- Wear your mask when out of your Apartment. If you do not have a mask please ask a Staff member and one will be provided for you.
- If your mask is soiled and you need a new mask please ask a Staff member.
- Please wash your hands frequently and regularly with soap and water for at least 20 seconds.
- Please keep a safe distance, (6 feet), away from each other.
- Stay hydrated.

## **WELCOME TO OUR NEW RESIDENTS!**

- Ms. Katie Borgens
- Ms. Kathy Garcia
- Mr. Mark Crane
- Mr. Bill Suvada