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# Goodbye March

"April hath put a spirit of youth in everything."  
William Shakespeare

## WELCOME SPRING SHOWERS

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April is the fourth month of the year in the Gregorian and Julian calendars. It is the first of four months to have a length of 30 days, and the second of five months to have a length of less than 31 days.

April is commonly associated with the season of spring in the Northern Hemisphere, and autumn in the Southern Hemisphere, where it is the seasonal equivalent to October in the Northern Hemisphere and vice versa.



## UPCOMING EVENTS/HOLIDAYS

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**April 6<sup>th</sup> Colorado Rockies Opening Day** - Please wear your Rockies gear and get ready for the opening game against the Washington Nationals.

**April 7<sup>th</sup> World Health Day** - April 7 of each year marks the celebration of World Health Day. From its inception at the first Health Assembly in 1948 and since taking effect in 1950, the celebration has aimed to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization.

**April 9<sup>th</sup> Easter** - Easter is a religious Holiday that celebrates the belief in the resurrection of Jesus Christ. In the New Testament of the Bible, this event is said to have occurred three days after Jesus Christ was crucified by the Romans.

**April 18<sup>th</sup> - April 22<sup>nd</sup> Earth Week** - Each of us should be making a difference! Try making a small change that will benefit the environment. This week ends with the annual Earth Day celebration on April 22nd. Earth Day was founded in 1970 as an annual global event that celebrates the environmental movement and raises awareness about pollution and ways to maintain a clean habitat.

In this week are some ideas to participate below:

- Get educated- Set aside time during earth week to read up on ecology.
- Start a journal- Track changes you make and the impact they made.
- Identify areas you may be wasteful.
- Turn down the thermostat to save energy. Did you know by turning down the thermostat you will get a better night's sleep?



### Residents Birthdays

- ❖ Sandy McGrew
- ❖ John Bernsten
- ❖ Lonnie Hartnet
- ❖ Danny Tavenner
- ❖ Alicia Briones
- ❖ Jody Ryan
- ❖ Stanley Nilson
- ❖ Virda 'Chim' Canter
- ❖ Susan Hudiburg

### Staff Birthdays

- ❖ Mary Sanborn
- ❖ Jeromy O'Neil
- ❖ Samantha Steers
- ❖ Audrianna Pena



# MONTHLY MEETING

Be Connected. Be Heard. Be Informed.

We would like to thank residents for their patience with the ongoing remodel. Please look forward to events set up by our construction company, Pinkard Construction. For questions regarding the construction, please contact John Sliz, Director of Environmental Services. For questions about the remodel, please contact DeAnn Vickles, Associate Executive Director.

Moving forward, all deliveries, other than mail and packages, should be delivered directly to resident's rooms. This includes Instacart, DoorDash, GrubHub, etc. Please include the resident room number on the delivery directions. For questions pertaining to deliveries, please contact Lesha Duran, Resident Life Director.

Pendant call buttons are available for all resident that are interested. To receive a pendant, please contact Lesha Duran.

Flyers on the bulletin boards and in the elevators are for all resident's information. Please do not remove these flyers from the boards. If you would like a personal copy of any of the flyers posted, please contact Samantha Steers, Activities Supervisor.

We wanted to thank all of the Argyle Residents for their positive feedback and suggestions. The next Resident Town Meeting is scheduled for April 11<sup>th</sup> @ 2:00PM in the Raleigh Garden dining area. All residents are invited! If you need assistance getting to the RTM please contact your Caregiver or an Activities Team Member.

## RESIDENT TOWN MEETING

Q- What are the credentials of a QMAP?

A- QMAP stands for Qualified Medication Administration Personnel. QMAPs take a class followed by an exam, and are certified through the state of Colorado. For questions about QMAP qualifications, please contact Justina Faulkner, Director of Nursing.

Q- What is the protocol for staff entering a resident room?

A- Staff is trained to knock twice and announce themselves before entering a resident room. For questions regarding staff protocols, please contact Lesha Duran, Resident Life Director.

Q- What is the new nurse's first task at the Argyle?

A- Justina Faulkner is currently in the process of reviewing all resident medication orders and administration. If residents have any questions about nursing, medication, or QMAPs, please contact her.

Q- How does a resident meet with the nurse?

A- Residents can speak with or call the front desk to schedule an appointment with Justina Faulkner.

Q- Where are the temporary offices located?

A- DeAnn Vickles, Associate Executive Director, has been moved to the office next to the Raleigh Gardens entrance. Lesha Duran, is temporarily located in the second-floor office at the top of the lobby staircase. Justina Faulkner is still in her office in the clinical office suite.

Q- Where is the clinical office suite located?

A- The clinical office suite is located in Raleigh Gardens. Upon exiting the elevator in Raleigh Gardens take a right at the first hallway before the Wellness Center. The clinical office suite is the last door on the right of that hallway.

Q- Where is the remodel starting?

A- The remodel started on March 20<sup>th</sup>, in the model rooms. The remodel to common areas started in Raleigh Gardens on March 27<sup>th</sup>.



# Employee Highlights

**Justina Faulkner – Director of Nursing** – I was born in San Diego but have been in Colorado since I was seven years old. I still have a lot of family in California so I visit often. I have one son who is thirteen going on 30. I love to hike and attend live music! I have two amazing English Bulldogs "Cash" and "Jax". I have been in nursing for 27 years now and about eighteen of those years have been in senior living. I was very close to my maternal grandmother. She helped raise me when I was born and for the first five years of my life while my mom traveled as a flight attendant. My grandmother was my inspiration to become a nurse and why I love working with the senior population. I look forward to meeting everyone at the Argyle soon!



**Kaleigh Perez – Business Office Manager** – Hello Argyle staff and residents! My name is Kaleigh and I am the new Business Office Manager here at The Argyle. I was raised in Colorado and currently live in Westminster with my husband of three years and our fur babies. When I am not here at The Argyle community, you will likely find me spending time with my family, enjoying the outdoors, reading a book, or working on a puzzle! I am very excited to join the team and look forward to getting to know you all better.

**Stephanie Espinosa – Lead QMAP** – Hello everyone! I'm Stephanie and I was born and raised in Colorado. Many of you have gotten to know me over the years of working at the Argyle, but one fun fact you may not know is I have five children and five grandchildren! I have been promoted to second shift Lead QMAP and am grateful for the opportunity. We will be working together to ensure everyone gets the best care!



**Katrina Blea – Lead QMAP** – Hello everyone! Most of you know me, but I am Katrina and I was recently promoted to first shift QMAP lead. A little more about me, I was born and raised in Denver, Colorado. I enjoy hiking, doing diamond art, and hanging out with my pets. I have one dog named Teagan and two black cats, Ralphie and Lily. I am excited for this opportunity to work next to Justina and Stephanie to serve all the residents, here at the Argyle, to the best of our abilities.

# WELCOME ABOARD!



# March Favorites



# March Favorites

