




CROSSROADS
Senior Living
at Lakewood

Come Home to Crossroads
Peace of Mind Senior Living

JUNE 2021

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 @Crossroads.Lakewood

 Lakewood: (720) 925-5569



Scan here for a
virtual tour

Occasions
**Official Grand Opening and
Ribbon Cutting**

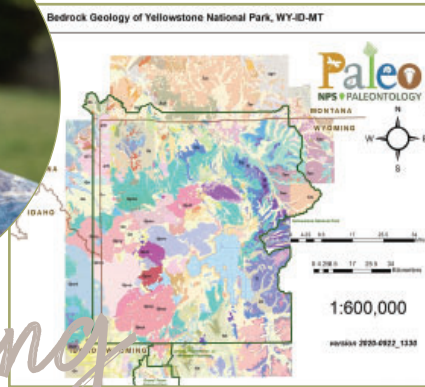
If you were anywhere near Crossroads at Lakewood Memory Care on Thursday afternoon, May 20, you couldn't miss the crowd of people and the live brass ensemble. Many colleagues in the long-term health community, local city officials and other business and Lakewood professionals came to our official Grand Opening and Ribbon Cutting. The long overdue event was an opportunity to celebrate two things: The one-year anniversary (April 1, 2021) of Crossroads Senior Living being the Owner/Operator for Crossroads at Lakewood Memory Care and the new Crossroads Memory Care signs that were recently installed.

Continued on next page



Madison MacDonald, from the West Metro Chamber of Commerce, provided the massive scissors used to cut the ribbons.

Memory Care
www.crossroadsalc.org



Featuring

Bob Higgins

ROCK OR ROCKS OR BOTH!

We have two residents who are deep into rocks. Not Rock as in the Beatles. Rocks, as in Geology. Bob Higgins and Bill Chirnside. Look for an article about Bill next month. This month, we'll focus on Bob.

Bob was recently honored by his colleagues at the National Park Service in Washington, D.C. for his work identifying the different geologic type sections, also known as Stratotypes, in the Greater Yellowstone Network of Parks. He is the guy who knows all about the Pleistocene, Eocene, Pliocene and all the many other periods associated with the formation of the geology beneath us.

Speaking of Rock as in "Rock Music" however, everyone at Lakewood enjoys Bob's killer dance moves. At a recent dance activity curated by Audrey, you would have thought he was John Travolta the way he moved and grooved to "Stayin' Alive" from Saturday Night Fever!

We feel lucky and happy to have Bob with us, making us laugh and, with the staff, always willing to help when needed. We join the chorus of Bob's friends in saying thanks, Bob, for not only devoting yourself to a passion that will enhance the understanding of our planet for years to come, but just being a pleasure to be around.

Joining the celebration was Don Noble, President of Crossroads Assisted Living, and his wife Laura, who dedicated the facility with prayer. Many guests were surprised to learn that, in the late 1990's, our sister organization, Maranatha Volunteers International, started Crossroads with the goal of taking care of seniors, and any income left over would go to charitable purposes, truly defining Crossroads as an organization which exists to make the world a better place. Making a difference in the world through taking care of the needs of others has been, and continues to be, part of the DNA of Crossroads.

The highlight of the event was live music provided by the Brass Ensemble from the Lakewood Symphony Orchestra, sponsored in part by Access Mobile Dental. Attendees also donated many valuable items on behalf of the Jeffco Action Center. We appreciate all who attended to celebrate with us!



Executive Director Bulletin

Welcome to the June 2021 edition of the Crossroads Courier.

We are enjoying getting to see everyone now that our restrictions are decreasing. We have been lonely without our family and friends' smiling faces.

To say this last year has been challenging is an understatement in so many ways! We are proud to say that, throughout the pandemic, our residents remained free from Covid-19 during the entire pandemic. We owe this honor to our staff who have worked to assure the highest standard of infection control while providing superior care to our residents.

We are proud of our Team!

We just want to say for the record that, throughout this time of COVID, you, our residents, have brought us the most joy! We are energized and honored to continue to provide excellent care, commitment, and a warm smile to our residents. We thank you for making Crossroads part of your family.

Michele Strauch

Regional Vice President

We would like to thank our staff, residents, and families for your part in our thriving Crossroads community.

Wellbeing

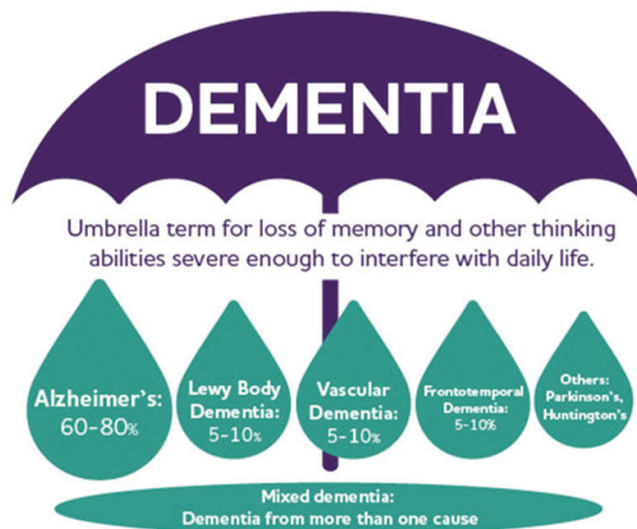
The Gift of Time and Alzheimer's

More than six million Americans are estimated to have Alzheimer's today, and everyone who has the disease will die of it or with it. There are no survivors. There are no treatments that stop or slow progression of the disease. But what if a medication could delay the progression of Alzheimer's and give individuals and families more good days together...or even years?

The U.S. Food and Drug Administration (FDA) has approved the drug Aducanumab, a new treatment for Alzheimer's.

A clinical trial of Aducanumab reported a 22% reduction in cognitive and functional decline compared to placebo.

Any delay in disease progression for someone with Alzheimer's can make a very real difference, as we hear so frequently from people who face it. To deny those who face Alzheimer's and their loved ones an opportunity to have more precious time together is neither equitable nor humane. It's time for more time for those facing Alzheimer's.



DID YOU KNOW:

Dementia is an umbrella term for the many types of dementia that exist. In the coming months, we will explore in more detail the different types of dementia. In the meantime, if you would like to do some research on your own, please visit <https://www.alz.org/alzheimers-dementia/what-is-dementia/types-of-dementia>.



Breathing, stretching and moving



Audrey and Donna sporting their Pajama day best



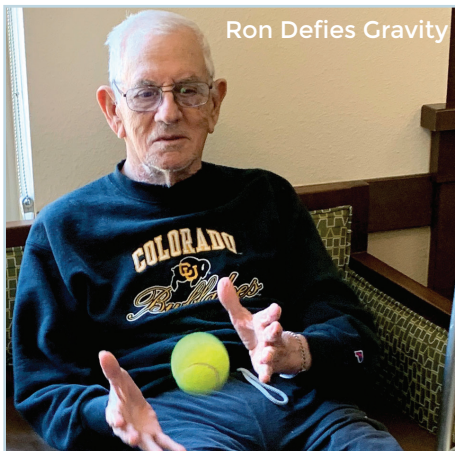
Mickie and Bob break into dancing during Karaoke



Dancing to "Pretty Woman"



Bob and Carol truly "Stayin Alive"



Ron Defies Gravity



John watching Bob going for the Strike



Noodle Ball in the House

Resident Life



Pajama Day with Marilyn and Dezlin



Carolyn and Leona show off their corsages



Dave Joins the Fun



Mother's Day Baskets

Update from Maranatha



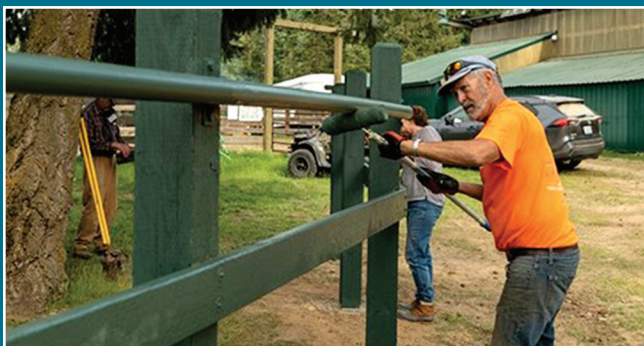
Maranatha Volunteers International has been focusing many of its volunteer opportunities right here in the United States during the Pandemic. One of their most recent successes was at Camp MiVoden, a summer camp and retreat center in northern Idaho.

The 91 volunteers who came from all over the states, worked on a number of tasks throughout

the project, from landscaping, to cleanup, to new construction, and even building a new frisbee golf course. The volunteers also worked on the horse corral, creating a frontier theme.

For volunteer Melody Wheeler and her husband, Doug, serving at a summer camp connects them back to their own childhoods. "We both went to camp as kids, and we know that people gave to make our camps good. Those are memories we cherish, and it's a wonderful feeling to know that we've helped and improved a camp for kids today."

Each year, Maranatha works with organizations in the United States and Canada to provide volunteer labor for various construction or renovation projects at summer camps and retreat centers, schools, and churches, and saves thousands of dollars in labor costs. Learn more at www.maranatha.org.



Join Us

June at Lakewood

We are excited to be celebrating the many special dads we have in the facility on Father's day. They make us laugh, cry and continue to give us good advice, which we take to heart.



Our garden is looking fabulous and we are anticipating the plethora of vegetables growing to be able to enjoy as a community.



Everyone is delighted that summer will begin this month. We will sit outside in the courtyard enjoying some lemonade with mint sprigs that we are growing.



Another fun enjoyment is arts and crafts. Look for the hot air balloons we will assemble and decorate for our outdoor courtyards.

June gloom may be what they say on the California coast, but at Lakewood, it's June Boom!

“Far up in the deep blue sky, great white clouds are floating by; all the world is dressed in green; many happy birds are seen, roses bright and sunshine clear show that lovely June is here.”

— F. G. Sanders

Birthdays

6•7 | Clarice P.

6•15 | Donna V.

6•10 | Gladys D.

6•20 | Bob J.

6•13 | Peggy C.

6•28 | Andy F.



Cookery

Instant Pot Southern Green Beans

INGREDIENTS

- 4 slices bacon or smoked turkey, chopped
- 1/2 cup chopped onion
- 1 cup chicken broth
- 1 1/2 pounds green beans, trimmed, cut in half
- 3/4 teaspoon seasoned salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- pinch of crushed red pepper flakes
- 1 tablespoon butter

DIRECTIONS

1. Turn Instant Pot on SAUTE mode. When hot, coat inner pot with cooking spray and add bacon. Cook until bacon is crisp.
2. Add onion and cook 1 more minute.
3. Hit "Cancel" and add chicken broth. Scrape up any browned bits on the bottom. Add remaining ingredients. Place lid on Instant Pot and set to Pressure Cook for 7 minutes. Let pot do a Natural Release for 5 to 10 minutes (less for firmer beans). Then open valve to let out any remaining pressure. Remove the lid when the pin drops.

Notes: Cooking time does not include the time it takes for the pressure cooker to pressurize. This can take about 10 minutes.

Recipe from Christin Mahrlig - Spicy Southern Kitchen.

Pastimes

Sudoku | MEDIUM PUZZLE

Can you complete the grid such that every row, every column, and the nine 3x3 blocks contain the digits from 1 to 9?

8	9						3	6
2		1				5		4
	4	3				2	9	
			3	5	7			
			4		1			
			9	8	2			
	2	8				6	5	
7		9				3		8
4	5						7	2

Puzzle Copyright © Kevin Stone

Puzzle from www.brainbashers.com

You can find the answer to this Sudoku puzzle in the next Crossroads Courier or on our Facebook page on June 15th.
facebook.com/crossroads.lakewood



Crossroads Courier

JUNE 2021

Updates | Resident Life | Leisure

FEEL MORE CONNECTED AND GROW OUR COMMUNITY

You can help us grow our community by doing a Google search for Crossroads at Delta and leave us a positive review. Please follow us on Facebook too. Find us at [facebook.com/crossroads.lakewood](https://www.facebook.com/crossroads.lakewood). We appreciate your support!

Peace of
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