

MILLCREEK. *Notes*

MILLCREEK RETIREMENT NEWSLETTER

777 East 3900 South | Salt Lake City, UT 84107

call 801-288-0700 | web www.MillcreekRetirement.com

MANAGED BY ENCORE SENIOR LIVING



MAY/JUNE
2011 EDITION

Upcoming events



May

5th-Cinco De Mayo

10th-Leisure Learning at 6:00pm

30th-Flag Day Celebration

June

14th-Leisure Learning at 6:00pm

17th-Father's Day BBQ at 12:00 PM

Welcome Angela!

MillCreek Retirement is pleased to announce the appointment of Angie Epperson to Executive Director.



Angela Epperson
Executive Director

Angie has the knowledge and the experience to skillfully and compassionately lead the operation of MillCreek. Since 1990, Angie has been motivated to provide the best care and services to seniors. Starting as a dining room server and working her way through the ranks in activities, administration, and marketing, Angie has been directly involved in all aspects of

the senior living environment.

Angie enjoys spending time with her family and her five children (aged 7 to 18). They love to be outdoors and go camping. She also spends a lot of time at their soccer games. Angie also enjoys going antique shopping, learning new things and cooking.

Angie is enthusiastic and dedicated to continuing the high level of care and service you expect at MillCreek Retirement.

Stop in and say hi to Angie the next time you are at MillCreek. She would love to hear from you. And stay tuned for an open house event welcoming Angie.

The real TO - DO list: What's On your list?

- Sing.
- Smile at strangers.
- Keep learning.
- Notice kindness.
- Eat ice cream.
- Hope.
- Count your blessings
- Laugh.
- Love.
- Love some more.



a note from our president

The Value Of YOU

In our economic climate, consumers want their dollars to go further. They want to know that what they are receiving or purchasing has value.

So what is value? Value has many definitions and connotations.

val•ue (noun) 1: a fair return or equivalent in goods, services, or money for something exchanged; 2: the monetary worth of something; 3: relative worth, utility, or importance

val•ue (transitive verb) 1: a: to estimate or assign the monetary worth of; b: to rate or scale in usefulness, importance, or general worth; 2: to consider or rate highly

Value is a brand. Value is something people believe they deserve. As a manager of senior living communities, I know that our residents deserve all of the care and services we provide. What we provide on a daily basis in its own way, is a measure of worth and importance to each and every resident we serve.

How do we provide value to our residents? Each and every day with actions and words. We find out each and every resident's needs, concerns and situation and we care about finding the right solution for them. We value their individuality. We provide programs, services and care that allows for every person to feel valued and cared for.

PETER MUHLBACH
President, Encore Senior Living

Activities

Enjoyable Memories

**“It’s often the
bend in the road
that makes life
worth the drive.”**

There is beauty all around us. The majestic mountains where the scene seems to be the same, but if you look closer, it is continually changing from the snow capped mountains to the green foliage to the beautiful flowers and the cascading waterfalls. The beauty of the land is obvious, but the greater beauty lies in each one of us. It is the kindness, laughter, smiles, patience, and genuine concern for one another, and the love that is shown every day.

April showers make way for May flowers and our annual Spring Brunch! We look forward to honoring all mothers on Mother's Day. We can also look forward to walks in the park and scenic drives as our weather improves.

We'll fire up the barbecue in June with a lunch to honor our fathers on Father's Day. We can also look forward to more great entertainment from violinist, pianists, choirs and poets to name a few.

Hang up your parkas and put away your mittens as we revel in the activities scheduled for May and June here at Millcreek Retirement. Our participation in the wide variety of activities will make memories that “make life worth the drive.”



~ Charlotte Brown

Marketing

Salt Lake City's "Bucket List"

Summer is quickly approaching and what are we going to do with our time? Did you know in Salt Lake City, Utah we average 226 sunny days a year? We at Millcreek Retirement get to use those days for our outdoor walks in the park! Utah averages 90 inches of snow a year which is great for our skiers, and if you're not a skier, you could always check out the Utah Olympic Oval or Utah's professional hockey team, The Utah Grizzlies. In July, which is quickly approaching, our temperature average is 92 degrees which is perfect for an afternoon on our back patio with your friends enjoying some ice tea and the serenity of the beautiful gardens. If you're more adventurous you might enjoy an afternoon out to visit the historic Temple Square located just minutes from Millcreek Retirement. This offers guided tours daily, or check out Utah's Capital Building which is one of Utah's most popular tourist attractions. Completed in 1915, the state capital is a lovely Renaissance-style building featuring depression-era murals in the rotunda. For the more adventurous type, you might enjoy a day trip to the Heber Valley Historic Railroad this journey on a historic train will cross the Heber Valley around Deer Creek Lake, and through the Provo Canyon. Charters and group rates are available. If you

are thinking of getting out of the heat this summer, you might want to head out with us to Park City, just 20 minutes away where you can enjoy the fresh mountain air as we check out the world famous Ski Jumping Training Center. If you are into some shopping, you might want to check out the Factory Stores at Park City. Outlet Store Hours are Monday- Saturday's 10am to 9pm and Sunday's 11am to 6pm. The exit is 145 off of I-80. If you're a night owl, Hale Centre Theatre located just minutes from Millcreek. With 18 successful seasons, they prove this is Utah's premier family theatre with year-long live stage plays. Join us in an evening at Ballet West which includes a full length classical and contemporary ballets and is considered to be one of America's leading ballet companies. The Utah Opera is always a great choice for an evening out on the town the Utah Opera produces four professionally staged, fully costumed operas with nationally and internationally know artists. I hope this gives you some wonderful ideas for days trips out. Along with our active, activity calendar your days will be filled with great friends and meaningful events to keep your days full of purpose and life.

- Monica Bernardy

Upgrade Your Apartment

At Millcreek Retirement, we want you to feel comfortable in your home.

As people seek solace in their homes, natural shades have become more popular. Muted earth tones are being used throughout the home, on walls, floors, even cabinetry.

Flooring and countertop choices also are muted; the days of highly polished granite or porcelain tiles are over.

The kitchen has evolved over time from the place to prepare and eat meals to the focal point of the home. Today, kitchens are used as gathering places a place for doing homework and crafts, paying bills and surfing the internet, and kitchen design is now reflecting that usage.

Millcreek Retirement is now offering an upgrade program for your apartment. Tour our model room today to see the options available to you for purchase. We want you to feel comfortable and show off your creative side. Please set up an appointment with Monica Bernardy to talk about custom upgrades and pricing!

Caregiver Corner

HOW TO DEAL WITH ALZHEIMER'S AS A CAREGIVER

1. Understand the disease and stages of progression. Look on the Internet or at the library. Find local organizations that offer Alzheimer's education. It will be difficult to face some facts, but you need to know what to expect.

2. Maintain yourself. Try to maintain a sense of compassion, humor, and a willingness to learn new strategies to assist the person with Alzheimer's Disease, as well as yourself. The person with Alzheimer's Disease (and you, as their caregiver) will experience many changes over the course of time. This can be frightening and requires flexibility. You are both experiencing unknown territories. Be kind to the person with them and to yourself.

3. Create a supportive environment. Your loved one may forget names for common objects. It will not help to reprimand. A person with dementia will not benefit from an argument. Offer love, emotional support, spiritual support, interesting activities, and social interaction with understanding people.

4. Share laughter as much as possible. Although a person with Alzheimer's Disease may not be able to say who you are, or recognize even the closest relatives or friends, often their feelings can be expressed through interactions geared towards their current capabilities. Almost everyone is capable of receiving love and kindness.

Read more at <http://www.wikihow.com/Deal-With-Alzheimer's>

SPICY BLACK BEAN & JICAMA SALAD

By Chef Andy

3 Ears of roasted corn
cut off the cob

Grape tomatoes cut in
half

1 Can black beans,
rinsed

Kraft cilantro lime
vinaigrette

Red onion, diced

2 Roasted poblano
chilies, diced

¼ tsp. Cumin

Salt and pepper to taste

Green onions, chopped

1 Carrot shredded

1 Jicama, julienned

1 Red pepper, diced
8 oz. Queso fresco

Mix all ingredients
except cheese. Garnish
each serving with
crumbled cheese.
Makes about 4 servings.



Health News



Tips to Survive a Heart Attack When You Are Alone

Without help, the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every 2 seconds without let up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs, and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps to regain normal rhythm. In this way, heart attack victims can get to a phone and, between breaths, call for help.

Mom and Dad!

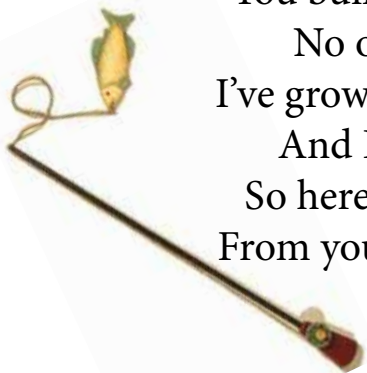


EVERYTHING MOM

How did you find the energy, Mom
 To do all the things you did,
 To be teacher, nurse and counselor
 To me, when I was a kid.
 How did you do it all, Mom,
 Be a chauffeur, cook and friend,
 Yet find time to be a playmate,
 I just can't comprehend.
 I see now it was love, Mom
 That made you come whenever I'd call,
 Your inexhaustible love, Mom
 And I thank you for it all.

LIFE LESSONS FROM DAD

You may have thought I didn't see,
 Or that I hadn't heard,
 Life lessons that you taught to me,
 But I got every word.
 Perhaps you thought I missed it all,
 And that we'd grow apart,
 But Dad, I picked up everything,
 It's written on my heart.
 Without you, Dad, I wouldn't be
 The (woman)(man) I am today;
 You built a strong foundation
 No one can take away.
 I've grown up with your values,
 And I'm very glad I did;
 So here's to you, dear father,
 From your forever grateful kid.



Happy Birthday!

RESIDENT BIRTHDAYS

May

Dorothy H.
 Mary H. S.
 Betty T.
 Elaine F.

June

Richard G.
 Joy T. S.
 Eve H.
 Marie V.
 Carol A.

EMPLOYEE BIRTHDAYS

May

Garry H.
 Bill L.
 Alberta A.

June

Rachelle H.



Thank You For Thinking of Us

As a valued member of our family, you are very special to us. We truly appreciate your trust and confidence, and there's no better compliment than when you tell others about Millcreek Retirement



We recognize the importance that finding the right senior living community for you meant. And we know you have friends and family who are looking at their options as well. Our "Help a Friend" Program provides an easy way to refer friends and family to the programs, services and activities you have come to rely on at Millcreek Retirement. With convenient Refer a Friend cards (ask your Marketing department), you can invite friends and family to enjoy lunch and a tour here. Ask the Executive Director for more details on the rent credits available to you. And look for a flyer detailing our "Help a Friend" program in your mailbox.



Angela Epperson
Executive Director

Kriss Bosworth, RN
Director of Health Services

Monica Bernardy
Marketing Director

Charlotte Brown
Activity Coordinator

Andy Vaughn
Food & Beverage Director

Julie Wittwer
Office Manager

Edgar Lopez
Maintenance Manager

CALL OUR TOLL-FREE MESSAGE LINE TO SHARE COMMENTS AND CONCERNS. **1-888-261-6345**

OTHER MEMBERS OF THE ENCORE FAMILY.....

Calaroga Terrace Portland, Oregon 503-234-8271	602-787-0800 Encore Senior Village Peoria Peoria, Arizona 623-876-8300	Sierra Vista Victorville, California 760-243-2271
Canyon Hills Club Anaheim Hills, California 714-914-2226	Encore Senior Village Portland Portland, Oregon 503-492-6942	Encore Senior Village Tucson Tucson, Arizona 520-320-7505
Millcreek Retirement Salt Lake City, Utah 807-288-0700	Encore Senior Village Riverside Riverside, California 951-360-1616	Valley Crest Residential Care Apple Valley, California 760-242-3188
Encore Senior Village Paradise Valley Phoenix, Arizona		

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