



# THE PALISADES

At Broadmoor Park

Independent Living

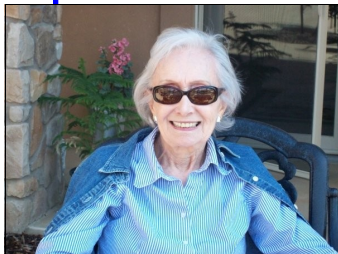
Assisted Living

Memory Care

December 2009

## THE BEST OF PALISADES 2009 . . . . .

We are all very pleased with the accomplishments that we have achieved during 2009! Here is a list of a few special awards and events that took place.



\* Memory Care opened in February

\* In June, we won first place from the Parade of Retirement Homes for, **“Best in Show”** and **“Best Activities”**.

\* In September, we celebrated our one year anniversary of opening Independent Living .

\* We reached 50% occupancy in October!

\* In November, we celebrated receiving a

**perfect evaluation** from the state of Colorado!



Group Fitness – Mondays and Wednesdays at 10:00a.m. in the lower level by the pool  
 Let's Get Started (exercise) – every Monday and Wednesday at 11:00 a.m. in the lower level by the pool  
 Aqua Moves – Tuesdays at 2:30 p.m. - IL lower level  
 Aqua Moves – Thursdays at 10:00 a.m. – IL lower level  
 Yoga/Flexibility – Thursdays at 11:00 a.m. – IL lower level by the pool  
 Bingo – Wednesdays – 1:30 p.m. – Cuchara Café, please bring at least three quarters  
 Friday, January 1<sup>st</sup> – 2:00 p.m. – Gordon's Piano and Song – Memory Care living room  
 Tuesday, January 5<sup>th</sup> – 10:00 a.m. – 'Let's Dance Again in 10' w/Suellen – IL lower level  
 Tuesday, January 12<sup>th</sup> – 10:00 a.m. – 'Let's Dance Again in 10' w/Suellen – IL lower level  
 Friday, January 15<sup>th</sup> – 11:00 a.m. – Nurse Chat with Stacey – 'Fatigue' – Cuchara Café  
 Friday, January 15<sup>th</sup> – 2:00 p.m. – Gordon's Piano & Song – Memory Care living room  
 Saturday, January 16<sup>th</sup> – 10:00 a.m. – Rampart H.S. Hockey Team Demo – Media Room  
 Monday, January 18<sup>th</sup> – 2:30 p.m. – Barry Moore Sings – Memory Care living room  
 Monday, January 18<sup>th</sup> – 3:30 p.m. – UCCS Lecture Series – Media Room  
 Thursday, Jan 21<sup>st</sup> – 1:30 p.m. – Danielle Speaks about 'Vertigo and Dizziness – Cuchara Café  
 Friday, January 22<sup>nd</sup> – 3:30 p.m. – 'Safety Tips for Remaining Independent' – Cuchara Café  
 Monday, January 25<sup>th</sup> – 2:30 p.m. – Barry Moore Piano and Song! – Memory Care living room  
 Tuesday, January 26<sup>th</sup> – 10:00 a.m. – 'Let's Dance Again in 10' w/Suellen – IL lower level  
 Thursday, January 28<sup>th</sup> – 7:00 p.m. – Big Band Concert at the Palisades – Media Room

**New Years Eve Word Search**  
 By PartySuppliesHut.com

**Happy New Years**

P D M O P Y D F R B F W K E I  
 S N Z X A A U B A U R R Q G D  
 R N S Q R D O Q E E O P N Y R  
 X F O E T T M X Y Y Q I R R O  
 J K F O Y S X L W B S U Q D P  
 T Y U W L A C E E G N O M S T  
 N G I P R L N S N A C K S E H  
 O Q F O A E A A Y H S Q V C E  
 H N Z E B K L B P E L E L Q B  
 J P D M O D E H P D R E M E A  
 R M K J L F R U A V R L M F L  
 F S X U O L L S H L F I V K L  
 A U A D E C O R A T I O N S Q  
 T X R L D P D W R U L K Y K J  
 Q F Q E T A L S K N A L B H S

AULD LANG SING  
 BALLOONS  
 BLANK SLATE  
 DECORATIONS  
 DRINKS  
 DROP THE BALL  
 EVE  
 HAPPY NEW YEAR  
 LAST DAY  
 NEW YORK  
 PARTY  
 SNACKS





Palisades at Broadmoor Park  
 4547 Palisades Park View  
 Colorado Springs, CO 80906

  
 If you would prefer to have the newsletter emailed to you, please let us know at 226-2273.  


**Cooking with Kirkland**

**Cashew Chicken Stir – Fry**

**Yield: 10 – 4 oz portions**

**Ingredients:**

- ¾ lbs. cashews (roasted)
- ¾ lbs. julienne red peppers
- 4 lbs. med to large diced chicken thigh meat
- ½ C. peanut oil
- ½ Tbs. chopped garlic
- ¼ C. Chinese rice wine
- ½ C. Hoisin sauce
- ¾ oz. Sesame oil
- 1 lb green onions cut into 1 inch lengths.

1. Heat pan on high heat. Add the oil and the garlic. Sauté garlic for a few seconds. Add the peppers and chicken and stir-fry for 2 minutes.
2. Add the rice wine and hoisin sauce. Continue to stir- fry until chicken is tender, and all the ingredients are glazed together.
3. Add the roasted cashews, green onions, and the sesame oil. Toss together and you’re finished. Serve on White steamed rice.



**Did you know . . .**

According to the Wellness letter written by University of California, Berkley, “Exercise can help relieve or possibly even prevent depression. It affects neurochemicals that influence mood, and also helps by getting people out of their usual surroundings, making them less isolated, and giving them a sense of accomplishment.”



# Palisades Wellness

brought to you by  
The Aspen Wellness Center



## 7 Simple Stress Busters

Let's face it: Everyone gets stressed occasionally. Whether it's a small event or a major life change that triggers your stress response, there are several simple ways to cope with the pressures that you may encounter from day to day. Use these ideas to start busting stress in no time!

### **Take a Walk**

Walking is a great way to clear your head and to get in a healthy dose of aerobic exercise at the same time! Leave your worries behind and focus on the fresh air for a little while.

### **Call a Friend**

Contact someone who has a way of putting you at ease. Even if you only talk to him or her for a few minutes, that short interaction can have a world of impact and help you see things with a clearer perspective.

### **Write in a Journal**

Venting is a healthy way to get rid of unwanted stress. A journal is a great outlet because you don't have to worry what others may think or say about your feelings. Once you have finished writing, some of the weight will be lifted from your shoulders and your thoughts will be less clouded.

### **Play a Game**

Board games make you smile, engage you in fun rivalry with others, and help you get your mind off of your worries. Pull out some old favorites like *Candy Land*, *Connect Four*, or *Twister* for some laughs.

### **Work Up a Sweat**

Exercising is a great way to clear your mind and re-focus your energy. Imagine the stress leaving through your pores as you exercise. Take a hot shower afterward to further melt away your stress.

### **Plan Something Fun**

Is there an outing or adventure you've always wanted to do? Plan a dinner with friends or a weekend getaway. Not only will it make you push stress to the back burner, but you get to do something nice for yourself, too!

### **Take a Hot Bath**

Taking a long bath slows down both your mind and body and melts away anxiety. Go all out with bubbles, music, and candles if you want! By the time you dry off, you'll feel refreshed and energized.

Zach Van Hart, "Seven Simple Stress Busters." SparkPeople.com.  
November 30, 2009.





# Wellness Made Easy



Tips for Better Health

From the

University of California, Berkley Wellness Center

**Highly nutritious foods are often low in cost.** Among them are bananas, carrots, potatoes, whole-wheat flour, and dried beans-the sort of high-fiber that nutritionists now recommend. They also tend to come with minimal packaging, an environmental plus.

**To get the most nutrients from your baked potato,** eat the potato skin. Ounce for ounce, the skin has far more fiber, iron, potassium, and B vitamins than the flesh. The only reason to avoid the skin is if the potato has a greenish tinge. That's chlorophyll, a sign that the potato has been exposed to too much light after harvest. It's also an indication that solanine (a naturally occurring toxin) may be present in increased amounts, especially in the skin. This might cause cramps and diarrhea.

**High-fiber foods can help you lose a little weight.** Not only are high-fiber foods filling and nutritious, but their fiber reduces the number of calories your body absorbs from the meal. A USDA study found that women who double their daily fiber intake 12 to 24 grams absorb about 90 fewer calories a day from fat and protein. On average men who intake 18 to 36 grams of fiber absorb about 130 fewer calories a day. Nutritionists recommend at least 20 to 30 grams of fiber daily.

**Choose a roast beef sandwich instead of a hamburger** at fast-food restaurants. Roast beef usually contains less saturated fat and fewer calories.



# When is it time to move . . . . . ?



**“Will I fit in?” “I want to maintain my independence.” “I don’t want to be a bother.” “It will be hard to downsize.”**

Many seniors worry when trying to decide when the right time to move into a retirement community is. Moving is difficult at any age and the thought of having to pack up memories, sort through closets and leave home can be nearly paralyzing. Many seniors feel pressure to move quickly. However, waiting too long can result in a life changing fall making the decision for you. There are many advantages to making a move sooner rather than later.

**“Will I fit in?”**

Transitioning from your home to a retirement community can be tough emotionally. Difficulty driving at night, limited mobility and chronic health issues may have conspired to reduce the number of social outlets in your life and can cause loneliness and depression. Living in a retirement community opens the door for many social interactions with an interesting variety of activities to choose from. Socializing with people the same age and with similar life experiences makes it easy to meet new people and form new friendships.

**”I want to maintain my independence.”**

Moving into a retirement community can actually provide more independence! When preparing a meal for only one, many seniors lose interest in cooking a balanced meal and put their health at risk. Dining with others encourages good nutrition and no more meals alone! At your own home, negotiating stairs, dealing with ice and snow, changing the bed or trying to make household repairs can result in a life-changing injury. Retirement communities maintain the grounds and have housekeeping services for those indoor tasks. Joining others for physical programs for strength, balance, and mobility encourages involvement. Transportation to outside events promotes participation in community and cultural activities. Look for a facility that has an on-site health clinic for convenience.

**“I don’t want to be a bother.”**

Every family member who hears this wants to reply, “It is a bigger bother for you to stay in your own home!” With concern for your safety, a move would undoubtedly put your family’s mind at ease. They know their loved one will be checked on, offered social opportunities and eating meals regularly. Family members are free to spend more quality time with their loved one rather than just doing the chores.

**“It will be hard to downsize.”**

Yes, it will be hard to downsize. Most of us spend our entire lifetime accumulating “stuff” and deciding what to keep is difficult. This is often the hardest part of the moving process but once it’s done, it’s done. It is a great time to gift sentimental items to family. Many support organizations welcome donated items which may be tax deductible! Having made the move, you will be free to focus on living your best possible life.

*If the thought of moving into a retirement community has crossed your mind, trust that instinct! Now is a right time to explore your options! Contact us at 719-226-2273, [www.PalisadesCARE.com](http://www.PalisadesCARE.com) or feel free to stop by at 4547 Palisades Park View to see how The Palisades at Broadmoor Park can support you in deciding that now is the right time for you.*

**[See this article in January’s Senior Magazine](#)**