



Eaton Terrace News

November 2011
Volume 14 Issue 2

2011 GRANTS

Health & Wellness

A.V. Hunter Trust, Inc.
Wells Fargo Community Assistance Fund

Landscaping & Gardens

Denver Water
The Home Depot Foundation

Meal Program

Daniels Fund

Mission and Ministry

Schlessman Family Foundation

Social Services

U.S. Department of Housing Urban Development

MEMORIALS

June – October

William C. Moore

Susan King

Jerome "Jerry" Telle

Gregory & Mary Olson

Roy "Tom" Thomas

Donald & Wilma Hill
Ronald & Nadine Salak

IN-KIND

DONATIONS

Botanical Interests
Denver Urban Gardens
O'Toole's Garden Center

Nancy Weeks
Neal Wegener

2012 EVENT SPONSORS

Gold Level

FirstBank

Silver Level

U.S. Bank

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Andrea Larke 303-937-5107

Wellspring Senior Foundation

Liz Grieser 303-937-3088

Eaton Terrace Residences

303-937-5000

Eaton Terrace Assisted Living

303-937-3000

Eaton Senior Programs and Wellspring Senior Foundation

Residents Enjoy Gardens' Bounty

The raised planters at Eaton Terrace Assisted Living, donated by Environmental Designs, were a popular attraction for the residents, staff and visitors this past summer. Resident gardeners planted vegetables and flowers and shared their bounty with fellow residents and staff this fall.



The new raised herb gardens at Eaton Terrace Residences were planted and tended by resident volunteers — Betty Stone and Marlene Landers (pictured below) and Lucy Sanford. These gardens produced plenty of basil, parsley, oregano, and rosemary for the dining room.



Six additional raised planters with soaker hose watering are being built by Denver Urban Gardens with a grant from The Home Depot Foundation. The planters will be available to Eaton Terrace residents in 2012.

COLORADO GIVES DAY

Mark your calendars -

Community First Foundation is sponsoring the second annual **Colorado Gives Day** on **Tuesday, December 6th.**

FirstBank has renewed its role as corporate partner and has committed \$300,000 for the Incentive Fund, \$140,000 to cover credit card fees and \$60,000 for "High Five" prizes and "Bonus Bucks" that random donors will direct to the charity of their choice.

Community First Foundation's goal is to inspire and unite Coloradans in supporting local nonprofits.

If you would like to increase the value of your support for Wellspring and the Eaton Terrace communities, **go to: www.wellspringsejiorfoundation.org and click on "Make a Donation."**

Wellspring's Annual Pasta Dinner Fundraiser

Thanks to everyone who participated in Wellspring's Pasta Dinner on October 12th, we raised over \$2,100 to support Amy Wilson, MT-BC, the music therapist at Eaton Terrace. Amy has been leading the group music sessions for over six years and the benefits of this program are integral to the health and wellness of the Eaton Terrace residents who participate.

And big thanks to **Boulder Sausage, Whole Foods Market at Belmar** and **Great Harvest Bread Co.** for donating sausage, salad and bread. In addition, we extend our thanks to board members and staff who donated the wine and their time to serve the meal.

Wellspring's Mission is to obtain the resources for Eaton Senior Programs to provide seniors with a variety of affordable living choices and to support programs and activities that enrich their lives.

Wellspring Senior
Foundation and
Eaton Senior Programs

333 South Eaton Street
Lakewood, CO 80226

Phone: 303-937-3000

Fax: 303-937-3090

E-mail: wellspring@eatonterrace.org

*Providing affordable housing in a
service-rich environment that
enables all to live to their fullest
potential.*

FOCUS ON RESIDENTS – Richard and Marlene Strickland



The day that Marlene met Rich, she invited him to her house for dinner the next evening. He showed up and has been showing up for thirty-three years and counting.

Marlene grew up in Springfield, Missouri and was a farmer's wife until her husband's untimely death when he was struck by lightning. Marlene, her 3 year-old daughter, 14 month-old daughter and expecting her third child, moved to Kansas and lived with her parents until her third daughter was born. She then moved her family to Denver to be near her sister, Lois and raised her family here. Rich grew up in Beaver

City, Nebraska and has two daughters and a son from a previous marriage.

In Denver, Rich and Marlene shared a house with Marlene's daughter and their grandchildren, Sarina and Alex, until Marlene had health issues that required a stay in assisted living. After Marlene's health improved, Rich and Marlene moved into Eaton Terrace Residences in 2009 along with their beloved dog, Buster. Buster died this past year and now Missy and Mystery (kittens on loan from Marlene's daughter) find the zebra finches that Rich is breeding fascinating.

Recently, Rich was hired as Eaton Terrace's Building Monitor and is on-call after business hours. He checks the building premises several times each night and is available for emergencies. In addition, Rich volunteers his time to deliver government commodities to qualified Eaton Terrace residents each month and loves taking Sarina to her Westernaires' practices and performances.

Marlene has taken advantage of the on-site therapies offered by Legacy Healthcare Services, and enjoys warm water swimming at Easter Seals. Her sister, Lois, recently moved into Eaton Terrace, so once again the sisters are living close to each other.

Healthy Aging Plans for Eaton Terrace Residents

What does "wellness" mean to you? Is it maintaining a garden (environmental wellness)? Is it following an exercise routine (physical wellness)? Is it meditating (spiritual wellness)? Or is it reading a good book (intellectual wellness)? Residents at Eaton Terrace can set wellness goals by participating in COLLAGE, a set of health and wellness assessment tools that enable residents to create a Healthy Aging Plan.

COLLAGE-trained "wellness coaches" have a conversation with each resident and create goals to help the resident maintain or improve their desired level of health and wellness. The final product is a Healthy Aging Plan that the resident takes home to help guide their wellness journey.

To participate in COLLAGE, a resident can contact the Resident Services Coordinator at 303-937-3018. Participants can expect an interview process of about 90 minutes. Each resident will receive a \$5 gift card for King Soopers and a 20% discount toward the first month's membership in Eaton Terrace's EngAGE Wellness Program. Whether it's maintaining current services or creating new ones, COLLAGE assists in building Eaton Senior Programs' health and wellness programs around the specific needs of the residents.

**To support Wellspring Senior Foundation and Eaton Senior Programs, go online
at www.wellspringseiorfoundation.org and click on "Make A Donation."**

We also accept donations at 333 South Eaton Street, Lakewood, CO 80226.