

Passing the torch... from generation to generation



At the Manor on Marston Lake, we have the distinct advantage of being located next to a schooling and day care center, with whom we have built a wonderful relationship. This relationship provides residents the opportunity to connect with and teach the younger generations.

Residents at the Manor on Marston Lake will often spend time

reading to the children. Visits are usually on weekly basis, and are a good way of promoting a sense of community in our neighborhood.

This intergenerational match is vastly beneficial to all involved. It allows older generations to pass on priceless life lessons, as well as providing children with assistance in learning basic skills, such as reading and writing. In turn the children provide laughter and enjoyment!

If you are a resident at the Manor on Marston Lake, and would be interested in joining this program, please contact Rebecca Wittwer at 303-932-9808.

Spring Birthdays:

Jo Ann B.	Mar 1
Bernice H.	Mar 1
Michael L.	Mar 10
Valerie B.	Mar 20
Phil R.	Mar 24
Geraldine M.	Apr 2
Lucille S.	Apr 13
Charlie T.	May 9

We wish each of you a very Happy Birthday!



HOEDOWN

Join us on May 22nd for a Memorial Day Hoedown at the Manor on Marston Lake! There will be plenty of food, live country music and fun!



Mother's Day Memory

Dorothy B. has many memories of Mother's Day to choose from, but one tradition that stands out in her mind is that every Mother's Day, her mom would make her a special hat to wear. She chose to do this because, by making it herself she could get exactly that hat she wanted for her daughter. This tradition went on for years, and each year Dorothy looked forward to receiving a handmade hat from her mother.



Resident Profile: Bernice (Bee) Hubbard

A Chicago native, Bee grew up in a large family, with seven siblings. During the Great Depression she worked in a local pharmacy. After marrying her husband, Loyal, he and Bee moved out west to Colorado. While Bee has many interests, her main pastime is sports. A basketball player since grade school, Bee continues to enjoy physical activities at The Manor on Marston Lake. She can often be found watching



her favorite sports teams on TV. When asked what her favorite sport was, Bee replied, "Well, probably baseball... and football, basketball, golf, hockey, soccer, I love them all!"



Meet the Staff: Lorena Sandoval, lead



Note from Lorena:

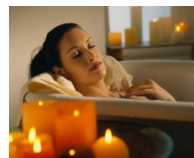
"I just want to express my sincere gratitude to everyone at The Manor on Marston Lake; to the management, who presented me with the opportunity to further my skills and abilities in a lead position, and also to each of the residents for allowing me to be a part of their lives, and potentially touch their hearts. Everyday I learn something from each of you that shapes me into a better person, and makes me realize the joys of care giving. Thank you!"

Health Tip: Reduce Stress

Here are some stress reduction techniques recommended by experts...

- Think positive thoughts
- Spend 30 minutes a day doing something you love (soak in bathtub, walk in park, read a good book, visit a friend, watch a funny movie, listen to soothing music, etc.)
- Meditate
- Get a massage, haircut or facial
- Avoid difficult people and situations if possible

A combination of these techniques may be able to help you reduce the stress in your life, and live happier and healthier.



Special Guest: Bandit

We have a special guest coming March 27th! A "therapy" llama, named Bandit, will be visiting us at the Manor on Marston Lake. Bandit is coming to us from Kersey, Colorado.



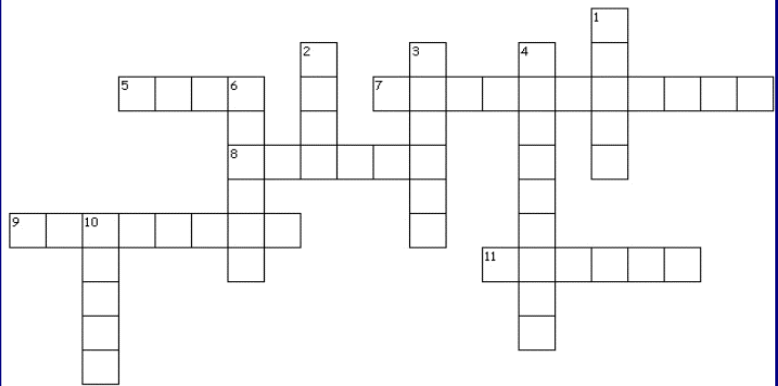
Sit & Be Fit with Rebecca

Sit & Be Fit has quickly become one of our most popular activities at The Manor on Marston Lake. Every Friday afternoon, residents are led in a light exercise program by Rebecca Wittwer. She always makes it interesting and fun by utilizing new types of equipment, including light weights, resistance bands and exercise balls.

The program is designed to accommodate all fitness levels and even residents in wheelchairs. In the pictures at the right, residents are building upper body strength using the weights. If you are interested in joining this group and improving your physical fitness, you can contact Rebecca Wittwer for more information at 303.932.9808.



Easter Crossword

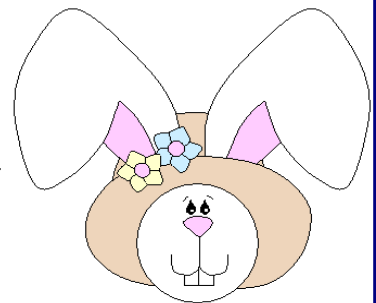


Across

5. Which came first? The chickens or the _____?
7. ooey, gooey goodness
8. Animal that brings treats and eats carrots.
9. baby duck
11. Container for collecting eggs at Easter.

Down

1. If you drop an Easter egg, it will _____.
2. baby sheep
3. Pale, light colors.
4. Tasty, decadent treat.
6. Easter's season
10. baby chicken



Quick Tip: Stop Paper Clutter

- **Store Digitally**— when you can, store files on your computer rather than on paper (recipies, etc.). Also look into paperless billing options.
- **Toss Right Away**— toss out junk mail and other unnecessary papers and forms right away, rather than letting them build up!
- **Multitask Your Sorting**— sort through papers and file them while watching TV.



Auto Pay Option

As of recently, The Manor on Marston Lake has begun offering automatic electronic withdraw from a checking account, as a convenient option to pay monthly rent. If you would be interested in this service, or have further questions, please contact Brandon Ropp at 303-932-9808.



REFERRAL PROGRAM

We want our family to grow! Refer someone to The Manor on Marston Lake, and receive a \$200 gift card of your choice upon their move-in. If interested in this promotion, please contact Brandon Ropp or Jody Hess at 303-932-9808.





Place
Stamp
Here

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Phone: 303.932.9808
ManorOnMarstonLake.com

What do you love best about Spring?

I love everything about Spring! The singing birds and blossoming trees. Spring is a new beginning for all!
-Marie G.

My favorite part of Spring is the bright, warm sunshine. Everything is beautiful in that light!
-Luanne L.

I love the traditions and holidays of Spring time. When we first adopted Phyllis I can remember how excited she was to decorate Easter eggs! It was our first Easter, and she was so happy!
-Lucille S.

With 2 brothers and 5 sisters my mother was always keeping us busy in Spring, making Easter eggs and Easter cake.
-Bernice H.

I love to play with Petey, the dog here at The Manor!
-Carmen C.

I love that it is the beginning of the gardening season!
-Lauren S.