



10557 Wagon Box Circle, Highlands Ranch, CO 80130 o: 720 344 7217 f: 720-200-4906 [www.lighthouseassistedliving.com](http://www.lighthouseassistedliving.com)

**June 2015**

### **Phone Numbers to Remember:**

Main Office:  
720.344.7217  
Main Fax:  
720.200.4906

Tom Littleton  
720.635.1951  
(Owner)

Liz Littleton  
720.635.2968  
(Owner)

Lori Reed  
720.635.0986  
(Marketing)

Lisa Hilsden  
303.904.3394  
(Business Office)

Jackie White  
303.809.5471  
(Care Director  
Emporia, Steele, Irwin,  
Elizabeth Sunday thru  
Thursday)

Carla Butler  
303.847.9817  
(Staffing Director and Care  
Director Elizabeth, Newland,  
Tuesday thru Saturday)

Troy Dunning  
303.895.7868  
(Activity Director)

## *The Eden Alternative*

The Eden Alternative is a philosophy that was developed by Dr. Bill Thomas to combat what he defines as the plagues of the elderly – loneliness, helplessness and boredom. He developed this idea after observing life in the skilled nursing facility. While these principles were developed in and for the nursing home, assisted living, home health and other senior adult care organizations are embracing this philosophy.

The Lighthouse management team recently became certified Eden Associates and we are excited to mentor and train remaining staff in these principles. Several Eden principles are already in place due to the physical design of Lighthouse – a house in a neighborhood. We look forward to cementing this philosophy and making it a way of life for our residents.

There are ten principles of the Eden Alternative. The first three are:

- The three plagues of loneliness, helplessness and boredom account for the bulk of suffering among the elderly.
- An Elder – centered community commits to creating a Human Habitat where life evolves around close and containing contact with plants, animals and children. It is these principles that provide the young and old alike with a pathway to a life worth living.
- Loving companionship is the antidote loneliness. Elders deserve easy access to human and animal companionship.

In the next newsletter, more of the Eden principles will be addressed and how Lighthouse is working to make these principles a priority in our culture.

## Hairstylist

Valorie Cruzgarvin  
720.231.6357  
Please call Valorie if your loved one needs hair care!!

## Please Remember.....

- ❖ Foods that will remain in a resident's room need to be in an air tight container
- ❖ Label clothes and other personal items
- ❖ Questions concerning medicines or care please contact the Jackie or Carla – care directors. Numbers listed on first page

## Upcoming Events.....

- ❖ Memories in the Making Art Auction June 13
- ❖ White Fence Farm – Get together with Summit - June 16<sup>th</sup> Cost 17.95
- ❖ Rafting Trip – June 30<sup>th</sup>. Cost is \$65, please sign up early

## Lighthouse APP

The Lighthouse Assisted Living APP for your smart phone has arrived. A fast and easy way to connect with the goings on around Lighthouse. For more information please contact one of the numbers listed in the side pane on the first page.

## FaceBook

Please visit us on facebook.  
[www.facebook.com/lighthouseassistedliving](http://www.facebook.com/lighthouseassistedliving) Our facebook page includes updates for the day's events

### *Walk to End Alzheimer's.....*

We continue to raise funds for the Alzheimer's Association. The walk will be held in September and we would appreciate your help in achieving our goal. Our goal is \$2000. Recently we held a fundraiser at Sam's Club and raised over \$170 for the cause.

Another way Lighthouse supports the cause to end Alzheimer's disease is through the Memories in the Making program, sponsored by the Alzheimer's Association. Several of our residents participate in this program. Each year artwork is submitted to the Alzheimer's Association and those pieces selected are entered into the Art Auction and paired with a local artist. The proceeds of this auction are applied towards the research to end the devastating disease. The auction this year will be held June 13<sup>th</sup>.

### *Block Party.....*

The annual block party with Skyview elementary was a successful and fun event. The weather was held out just long enough for us to have a good time. Looking forward to next year.

### *Electronic Medical Record.....*

*Lighthouse is joining the 21<sup>st</sup> century!* We are currently in the process of transferring our Medical Record from paper to an electronic form. We hope this process will be smooth and that you will not notice the change but we ask for your patience in advance as we learn the system and work out the kinks.