

Collington's Weekly Courier

February 26–March 4

Key Contact Numbers

In-house TV Channel - 972

Daily Updates	x2212
Pool	x2229
Fitness Center	x2254
Frame Shop	x5163
Country Store	x2167
Salon	x2226
Clinic	x7791
Security	x2020
Room Set-up	x4774
Courtyard Dining	x2135
Guest Rm. Reservation	x4778
Work Orders	x2151
Main Number:	(301) 560-3601

RA Website:

collingtonresidents.org

All Courier submissions, meeting schedules, and meeting room reservations should be sent to:

Bianca Williams (bwilliams@collington.kendal.org)

Submission deadline for the Courier
Is Thursdays at noon.

* See descriptive article

+ Volunteer pushers needed to transport Creighton Center residents to program

MANAGER ON DUTY:

Wanda Smith 2/24-2/25

Marvell Adams 3/3-3/4



THIS WEEKEND

2/23 6:30PM BSO at Strathmore

2/24 9AM Weed Warriors

2/24 11:45AM Met Opera

MONDAY NIGHT MOVIE

2/26 "Home of the Brave"

You may also submit
work orders at
[https://collington.theworx](https://collington.theworxhub.com)
[hub.com](https://collington.theworxhub.com)

WEEK-AT-A-GLANCE

MONDAY, February 26

8:30/10/1:00 Shuttle to Greenbelt Doctors, call x2247
9:00 Aqua Fit – Pool
9:00 Exercise for Balance – (SAGE - Miles) - Meeting Room #2
10:00 Exercise with Weights – (SAGE- Miles) – Meeting Room #2
10:00 Art Appreciation (SAGE – Crane) – Meeting Room #3
10:00 Aqua Fit – Pool
10:00 Sustainability Group – Board Room
10:00 Woodshop Drop-in / Drop-off Hour
10:30 Trip to **Wegmans** leaves Security, x2020
10:45 Chair Yoga with Marion Robbins– Meeting Room #1
11:00 Billiards Room – Open, for the ladies
11:15 Pilates – (SAGE- Shell) – Meeting Room #4
1:00 Tai Chi – (SAGE - Chang) – Meeting Room #1 - **CANCELLED**
1:00-2:30 Parkinson’s Tai-Chi – Auditorium
1:30 Mah Jongg – 3rd Floor Meeting Room
2:00 Pet Committee – 1st Floor Meeting Room
2:30-4:30 OO Shop OPEN
3:00 Drama Committee – Game Room
4:00 Collington Singers Rehearsal – Auditorium
***+7:00 Monday Night Movie: “Home of the Brave” – Auditorium**

TUESDAY, February 27

8:30/10/1:00 Shuttle to Bowie Doctors, call x2247
8:30 Circuit Training (SAGE– Armstrong) – Meeting Room #1
10:00 Woodshop Drop-in/Drop-off Hour
***10:00 Episcopal Service – Chapel**
10:00 Trip to Largo Shopper’s Food Warehouse leaves Security, x2020
10:00 Therapeutic Aquatics – (SAGE- Shell) – Pool
10:30 Framing Shop Drop in / Drop off Hour – Apartment 137
12:00-2:30 Pinochle – Ivy Lounge
1:00 - 2:00 Billiards

1:00 International Hot Spots – (SAGE-Croatti) – Meeting Room #3
1:00 Mixed Media Part 1 – (SAGE-Hurley) – Creative Arts Room
1:00 Balance & Beyond (Fitness) – Meeting Room #1
***1:30 Tuesday Afternoon Movie - Arbor Great Room**
2:00 Exercise for Arthritis (SAGE – Layton) – Meeting Room #1
2:00 Drama Committee – Game Room
3:00 Mixed Media Part 2 – (SAGE-Hurley) – Creative Arts Room
***3:00 Know Your Neighbor Talk - Auditorium**
***4:00 Flower Committee – Game Room**
4:30-6 Margaret Bagley on Piano, Don Lewis on Drums, & Grant Bagley on Bass – Ivy Lounge
7:00 Grief Support Group – 1st Floor Meeting Room

WEDNESDAY, February 28

8:30/10/1:00 Shuttle to Greenbelt Doctors, call x2247
9:00 Exercise for Balance – (SAGE - Miles) – Meeting Room #2
10:00 Exercise with Weights– (SAGE - Miles) – Meeting Room #2
10:00 Tai Chi – (SAGE - Chang) – Meeting Room #1 - **CANCELLED**
10:00 Knitting & Crocheting Group – Brandywine Living Room
10:00 Aqua Fit – Pool
10:30 Trip to Wegmans leaves from Security, x2020
***10:45 Depart from Security for Arena Stage**
***11:00 Black History Program: “Africa’s Great Civilizations” – Bird Room**
11:00 RA Office Open until NOON
11:00 - 12:00 Billiards
11:15 Pilates – (SAGE- Shell) – Meeting Room #4
***11:30 Estate Sale – Cottage 4008**
12:00 – 2:00 Billiards
1:00 Collington Computer Clinic – 1st Floor Conference Room
2:30-4:30 OO Shop Open
3:30 Collington Coloring Club – 1st Floor Meeting Room
***4:00 Mystery Book Discussion Club – Board Room**
4:00 Bible Study – Chapel
***4:30 3000 District Meeting – Game Room**

THURSDAY, March 1

8:30/10:00 Shuttle to Bowie Doctors, x2247
8:30 Circuit Training (SAGE– Armstrong) – Meeting Room #1
10:00 Woodshop Drop-in / Drop-off Hour
10:00 Therapeutic Aquatics – (SAGE- Shell) – Pool
10:30 Trip to Giant Grocery Store leaves Security, x2020
10:30 Framing Shop Drop In/Drop Off Hour – Apartment 137
10:30 Yoga w/ Marion Robbins – Auditorium
11:00 RA Marketing Committee – Board Room
12:00- 2:30 Pinochle – Ivy Lounge
1:00 Billiards
1:00 World History - (SAGE–Crane) – Meeting Room #3
1:00 Balance & Beyond (Fitness) – Meeting Room #1
2:00 Water Walking, Balance, and Core – Pool
2:00 Exercise for Arthritis - (SAGE – Layton) – Meeting Room #1
3:00 30th Anniversary Fashion Show – Auditorium
4:00 2nd Floor District Meeting – Game Room
4:00 Hospitality Committee – Board Room
4:30-6 Margaret Bagley on Piano, Don Lewis on Drums, & Grant Bagley on Bass – Ivy Lounge
6:30 Duplicate Bridge – Game Room
7:00 12 Step Program Support Group – 1st Floor Meeting Room
7:00 Income Tax for Seniors (SAGE-Stehman) - Meeting Room #4
7:30 Drone Flying – Auditorium

FRIDAY, March 2

8:30/10:00 Shuttle to Bowie Doctors, call x2247
9:00 Aqua Fit – Pool
9:00 Exercise for Balance - (SAGE-Bush) – Meeting Room #2
10:00 Exercise with Weights - (SAGE-Bush) – Meeting Room #2
10:00 Trip to Safeway Grocery Store (at Bowie Town Center), x2020
10:00 Women’s History Month Display - Clocktower
10:00 Aqua Fit –Pool
10:00 Autobiographical Writing - (SAGE-Smith) – Board Room
10:00 Literature - (SAGE-Link) – Meeting Room #3

10:00 Sandwich Making Project – Arbor Kitchen
10:00 Recitation of the Rosary – Chapel
10:30 Roman Catholic Service - Chapel
11:00 Billiards Room – Open, for the ladies
11:15 Pilates – (SAGE- Shell) – Meeting Room #4
12:00-2 Muslim Prayer – Chapel
1:00 Shuttle to Greenbelt Doctors, call x2247
1:00 Autobiographical Writing - (SAGE-Smith) – Meeting Room #3
***1:00 Arts Committee Meeting – Creative Arts Room**
2:30-4:30 OO Shop OPEN
3:30 Sing-A-Long – Arbor Great Room; *Volunteers needed!*
4:00 Meditation Group – Chapel
4:30 – 5:30 Folk Music w/ Eulane Rose and Friends – Ivy Lounge

SATURDAY, March 3

Metro shuttle schedule: 9AM, 10AM, 11AM, 1PM, 5PM, & 8:30PM

10:00 Ping Pong Playing – Game Room/Auditorium
10:30 Trip to Giant Grocery Store departs from Security, x2020
4:30 Bus to Mass at St. Joseph's departs from Security, x2020
***5:45 Depart from Security for Annapolis Symphony Orchestra**

SUNDAY, March 4

Metro shuttle schedule: 9AM, 11AM, 1PM, & 5PM only

9:30 Bus to St. Barnabas' Episcopal Church, Village Baptist Church, & Hope Presbyterian Church leaves Clocktower

THIS WEEKEND

BSO at STRATHMORE, FRIDAY, FEBRUARY 23: Will depart from Security at 6:30PM and return to Collington around 9:30/10PM.

WEED WARRIORS, SATURDAY, FEBRUARY 24, 9AM: Weather permitting we will clean up the wooded area next to the pond. Lets meet by the bridge overlooking the pond behind the 5100's.

MET OPERA: “La Boheme,” SATURDAY, FEBRUARY 24, BOWIE, MD: Departs from Security at 11:45AM (Showtime 12:30PM) and returns to Collington at 4:30PM. The world’s most popular opera returns in Franco Zeffirelli’s classic production, with a series of exciting casts. Angel Blue, Anita Hartig, and Sonya Yoncheva share the role of the fragile Mimì, with Dmytro Popov, Russell Thomas, and Michael Fabiano alternating as the poet Rodolfo. Alexander Soddy and Marco Armiliato share conducting duties.

THIS WEEK

MONDAY NIGHT MOVIE: “Home of the Brave” 2006, R (1HR 45MIN) MONDAY, FEBRUARY 26, 7PM - AUDITORIUM: This potent drama focuses on three American soldiers who encounter tough challenges as they adjust to civilian life after a harrowing tour of duty in Iraq. But their physical and psychological wounds continue to take a toll on them.

EPISCOPAL SERVICE, TUESDAY, FEBRUARY 27, 10AM – CHAPEL: Our Celebrant and Preacher will be the Rev. Gary Rhinesmith, Pastor at All Saints Lutheran Church in Bowie.

TUESDAY AFTERNOON MOVIE: “Yelling to the Sky” 2011, PG-13 (1HR36), TUESDAY, FEBRUARY 27, 1:30PM – ARBOR GREAT ROOM: As her family falls apart, seventeen year old Sweetness O'Hara is left to fend for herself in a neighborhood where her survival is uncertain. Yelling to the Sky is a 2011 American drama film written and directed by Victoria Mahoney. The film premiered In Competition at the 61st Berlin International Film Festival, where it competed for the Golden Bear.

KNOW YOUR NEIGHBOR TALK, TUESDAY, FEBRUARY 27, 3PM – AUDITORIUM: TO COME: This is a Neighbor Talk co-sponsored with our Black History Month Committee Retired Army Colonel Harvey Dickerson will relate his experience during the desegregating of the US

Army. He was commissioned in 1947 as a Second Lieutenant in a fully segregated US Army and his first assignment was with a Black Division servicing the famous Berlin Air Lift in Post WWII Germany. Some years later he retired from a fully integrated service. His reminiscences will be followed by his report on an organization begun then and continues today in helping veterans find civilian employment.

FLOWER COMMITTEE, TUESDAY, FEBRUARY 27, 4PM – GAME

ROOM: New Flower Committee members welcome! No experience required to volunteer for such activities as arrangers and clippers. Classes offered. Come express your creativity and bring joy to residents, staff, and visitors! Questions? Please call Pat Duggan, x7391.

ARENA STAGE, “THE GREAT SOCIETY,” WEDNESDAY,

FEBRUARY 28, WASHINGTON, D.C.: Will depart from Security at 10:45AM and return to Collington around 3:30PM.

BLACK HISTORY PROGRAM, WEDNESDAY, FEBRUARY 28,

11AM – BIRD ROOM: The final session on Africa's Great Civilizations will be about the Transatlantic slave trade flowing out of the European era of exploration in the New World that began in 1492.

ESTATE SALE, WEDNESDAY, FEBRUARY 28, 11:30AM-1PM:

COTTAGE 4008: Queen Size Bed, Deep Red Wool Oriental Style Rug (8.5 x 12), Fold-Up Single Bed, Computer Desk, Desk Chair with Arms, Shelves, Dining Chairs, Bagless Vacuum Cleaner, Electric Mixer, Electric Smoothie Maker, Coffeemaker, Clocks, Pots and Pans, Tupperware, Plates, Goblets, Placemats, Decorative Items, Books, and More. See posted flyer or call Sara, x7355 for more information.

MYSTERY BOOK DISCUSSION CLUB, WEDNESDAY, FEBRUARY

28, 4PM – BOARD ROOM: This month club members have been reading the works of *Martin Walker*. His settings are in southwestern France, in the area of prehistoric caves.

3000 DISTRICT MEETING, WEDNESDAY, FEBRUARY 28, 4:30PM –

GAME ROOM: We will talk with Sandy Short about Marketing in Collington's new (almost full) time.

ARTS COMMITTEE MEETING, FRIDAY MARCH 2, 1PM –

CREATIVE ARTS ROOM: It's happening! The first meeting of the arts committee will be held Friday, March 2. Come see the space and have your say.

ANNAPOLIS SYMPHONY ORCHESTRA, SATURDAY, MARCH 3,

ANNAPOLIS, MD: Departs from Security at 5:45PM and returns to Collington at 10:30PM. Before the concert at 8PM we will hear a Lecture. Then, Grammy Nominee Guitarist Barrueco will play with the Annapolis Symphony. For tickets, call 410-263-0907 or use [w.w.w.annapolissymphony.org](http://www.annapolissymphony.org). When making the reservation, be certain to say or write that you are a Collington resident for a 10 percent discount. For questions, call resident Jeannie Block Bessmer at x7283 or 301/925-7283.

Bocce – February 17, 2018

Game 1: Cardinals 14, Hornets 21

Game 2: Cardinals 21, Hornets 28

Cardinals:

Marlene Browne
Bill Cosgrove
Blanche Cosgrove
Carolyn Cornelius
Carol Klass
Jim Florini

Hornets:

Jim Meek
Marilyn Meek
Linda Trimbath
Linda Meade
David Meade



ITEMS OF INTEREST

We CAN make a difference!

For a night light or two, use 2-3 watt LED bulbs for your home.

COURIER DISRTIBUTION: We have been monitoring the amount of Couriers that have been distributed over the past three weeks and have noticed that we have been printing the same amount if not more than we were before. Effective next Courier, we will go back to stuffing boxes. If you would not like to receive a paper copy and would like to have it only electronically please let Bianca Williams know @bwilliams@collington.kendal.org.

VETERINARIAN AT COLLINGTON: Dr. Maturo will be here on March 5. As noted recently this is the first Monday of the month, starting her new schedule of every other month first Mondays, with May 7 to follow. If you wish to see her at your apartment or cottage, March 5th you must call Pat Kirkham, x7292 for an appointment. Please be ready to give information about why you want Dr. Maturo to visit, so the correct files and any equipment needed can be readied.

A MESSAGE FROM THE LIBRARY: A book review by Marilyn Meek: "Mudbound" by Hillary Jordan A family tragedy (actually two families) set in the years after WWII in Mississippi, social tensions and racial hatred. Hard reading but I couldn't stop. Located in Fiction-paperback.

The Collington Fire Plan/Procedures white binder is located on the 3rd shelf from the bottom in the Reference Corner. See the floor plan on end of the Display Rack alley for this location.

Coming soon: a monthly list of titles purchased using the monies from the window sill donation box.

SAVE THE DATE: The next Jewish Sabbath service and dinner will be on Friday, March 9 at 5:30 pm in the dining room. ALSO: Collington's Passover celebration will be on Friday, March 30th, which is also Good Friday. This celebration is free for all Collington residents who reserve places.

ARENA STAGE NEW SUMMER SHOW: Are you interested in the new show "Dave" at Arena Stage that is not a part of the subscription?! Sign up on the Interest Sheet in the front of the Trip Book! We need at least 10 residents signed up to purchase tickets. From a Tony and Pulitzer Prize award-winning creative team comes the world premiere musical comedy "Dave," adapted from the Oscar-nominated film. Dave tells the story of high school teacher (and presidential lookalike) Dave Kovic, who is hired by the Secret Service as a stand-in for the Commander-in-Chief. When the President falls ill under less than "presidential" circumstances, Dave is thrust into the Oval Office to avoid a national scandal, and must find a way to gain the trust and love of the American people ... and the First Lady.

NOTICE: Please remove all plants and containers from the greenhouse no later than March 15. We need to clean the greenhouse and make room for about 2000 plugs (baby plants) that will be delivered shortly after the 15th. Thank you for your cooperation.
-GARDEN COMMITTEE.

OO Glass Cases Need Donations of Jewelry: Our Jewel Box sales of Jewelry in the 2nd Floor Glass Cases (GC), which are located by the Billiards Room, has made all the difference in the monthly earnings of the OO GCs. The money earned is donated through the OO shop to the Collington Residents Association for the important work of its committees. All jewelry is greatly appreciated. Broken necklaces are given to Marlane Liddell for use by the resident beaders who make the beautiful necklaces you see in our GC. Thank you to Marlane and all the beaders for your efforts. Our thanks also to Don Olson, who continues to donate new watches with new batteries to us. These

continue to be most popular with our customers (fellow residents, staff, and visitors). Please leave your donated jewelry in a bag/box marked Glass Cases at the Clock Tower.

Thank you:

RoAnne Dahlen-Hartfield; Nancy Wilson; Helen Hindinger; Marianne Mann; Carol Ghebelian; JoAnn Harvard; Marlane Liddell; Lois Brown; Ursula Dunn; and Bonnie Cronin

WOMEN'S HISTORY MONTH EVENTS:

3/2--Friday 10AM-12PM Clock Tower: The Hats We Wear: bring display items for glass cases & any hanging items for Auditorium Wall display. Add visuals to large bulletin boards again this March.

3/5, 3/12, 3/19, 3/26: TERRIFIC FILMS for movie night at 7PM, Collington Auditorium.

3/8 Thursday 10:30AM-11:30AM A Conversation with Collington's Ms. Davenport at 104 years young. Chapel/game room

3/10--Saturday 4PM Celebrating Women in Music: A Concert arranged by Samantha. Auditorium

3/12—Monday, Trip to National Museum of Women in the Arts

3/17--Saturday 10AM-12PM Sharing Circles. The Pebbles that Assault Us: "Letting it Go." Auditorium

3/22--Thursday 7PM Women's History Month/Neighbor Talk with Tucker Farley. Auditorium

3/28 --Wednesday 1:30PM-3:30PM Three Women and China. Chapel/game room

MARCH TRIPS!

****Unless Noted Otherwise, All Trip Venues Are Wheelchair & Walker Accessible. \$10 Transportation fee for all trips****

All Trips Depart from Security. If you need to cancel for any reason you must do so at least 48 hours in advance or you will be charged a \$15 cancellation fee.

ELLSWORTH PLACE & CINEMAS, MONDAY, MARCH 5, SILVER SPRING,

M.D.: Will depart from Security at 11AM. Be back on the bus by 2:30PM to return to Collington. Ellsworth Place is a 350,000-square-foot, six-story, enclosed shopping mall in downtown Silver Spring, Maryland and is anchored by stores like TJ Maxx, Ross, and Burlington Coat Factory. Adjacent to Ellsworth Place is a thriving downtown, complete with a bustling pedestrian mall, the world headquarters of Discovery Communications, the American Film Institute Silver Theatre and Cultural Center, Whole Foods, Stadium Seating Majestic Movie Theater.

MET OPERA “SEMIRAMIDE” SATURDAY, MARCH 10, BOWIE, M.D.:

Will depart from Security at 12PM and return to Collington around 5:15PM. Semiramide is the culmination of the Italian phase of Rossini’s monumental yet unusual career. He had already produced such immortal comedies as Il Barbiere di Siviglia and L’Italiana in Algeri, but in the early 19th century he was celebrated above all else for his tragedies—none more so than Semiramide. For decades after its premiere, the opera swept through the music capitals of Europe and beyond, enthraling audiences with its urgent, transcendently beautiful use of melody; undeniably exhilarating drama; and, most importantly, astonishing vocal displays.

LUNCH AT NAMASTE, WEDNESDAY, MARCH 21, CROFTON, M.D.:

Will depart from Security at 11:30AM and return to Collington around 2:15PM. Fine Indian Cuisine, located in Crofton! The word “Namaste” is a warm and respectful form of greeting used to welcome a relative or guest. This fine Indian restaurant, which has a wide selection of delicious chicken, lamb, seafood and vegetarian dishes—classic delicacies of India-- along with imaginative new dishes created by our talented chef. Reservations will be made on Monday, March 19, under the name COLLINGTON.

MET OPERA, “COSI FAN TUTTE”: SATURDAY, MARCH 31, BOWIE, M.D.:

Will depart from Security at 12PM and return to Collington around 5:15PM. The third and final collaboration between Mozart and librettist Lorenzo Da Ponte is a

fascinating paradox: a frothy comedy of manners with an intensely dark take on human nature; an old story (it has antecedents in Boccaccio, Shakespeare, and Cervantes, among others) with a startlingly modern tone and a beautiful score. “Così fan tutte” was only moderately successful at its premiere and remained just outside the standard repertoire for more than a century. Così still poses unique challenges, and correspondingly unique rewards, for the public today. Every possible impression of love—from the loftiest to the basest—is explored in this extraordinary opera.

“WOMEN HOUSE” NATIONAL MUSEUM OF WOMEN IN THE ARTS, MONDAY, MARCH 12, WASHINGTON, D.C.: Will depart from Security at 10AM; be back on the bus at 1:30PM to return to Collington. The deadline to sign up for this trip will be Thursday, March 8 by 12PM and tickets (\$8) will be purchased on this day. This will be a self-guided tour and tickets will be under the name COLLINGTON.

SUBSCRIPTION SERIES:

ARENA STAGE, “Hold These Truths” WEDNESDAY, MARCH 7, WASHINGTON, D.C.: Will depart from Security at 10:45AM and return to Collington around 3:30PM.

SOUTH COUNTY COMMUNITY ASSOCIATION (SCCA), THURSDAY, MARCH 14, HARWOOD, MD: “Redneck Tenors.” Departs from Security at 6:15 PM and returns to Collington around 9:30PM.

NSO: THURSDAY, MARCH 15, WASHINGTON, D.C.: Will depart from Security at 5:15PM and return to Collington around 9:30PM.

PG PHILHARMONIC, SATURDAY, MARCH 24, BOWIE, MD: Will depart from Security at 7PM and return to Collington around 9:30PM.

Have any ideas for a fun and exciting trip? The Trips Committee meets the 1st Tuesday of every month. The next Meeting will be **Tuesday, March 6.**



Dear Collington Residents and Staff:

I'd like to introduce you to our newest employee, Kim Rivers, Vitalize 360 Coach. Kim Rivers will facilitate a person center approach to wellness coaching with Vitalize 360. The goal of the program is to challenge and encourage residents to live healthy, vibrant lives.

Kim joins the social service department with more than 14 years of experience in the health care field. She is a graduate of the University of Southern California's Virtual Academic Campus with a Masters in Social Work. Kim also maintains a Masters in Biblical Studies from North Carolina College of Theology, and a Bachelor's degree in Dance/Choreography from Virginia Commonwealth University. Kim is a former employee of DaVita Dialysis for 10 years. She is eager to start her new career as a Social Worker. Kim is married with three children. Her outlet is teaching dance and performing professionally.

Kim Rivers will collaborate with residents and the interdisciplinary team throughout the community. Her office is temporarily located in the clinic.

Thanks for joining me in welcoming Kim Rivers to the team! We will have a meet and greet on March 9, 2018 at 1:30AM in the Game Room

Wanda Smith, LICSW, LCSWC

Director of Social Services



A lot of exciting things are happening as we launch the implementation of our Strategic Plan, with first priority given to **Goal 1: “Deliver Excellence in Health & Wellness.”** Health and Wellness programs are a critical component of the Collington experience and a major factor in residents’ decision to move here. As more action steps begin rolling out during winter and into the spring and summer months, residents and staff are able to see the progress started last fall.



All of our actions are in support of achieving the four objectives within Goal 1:

1. Provide high quality, preventative resident-focused integrated health and wellness services across all elements of Collington, through strategic design of staffing, programs, and partnerships.

Recent Actions in support of this goal include:

Improving Rehabilitation Services

- Assisted Rehab was hired as our new rehab services provider in November, specifically aimed at providing exceptional customer service, high quality rehabilitation and closer collaboration with Collington Fitness staff. Assisted Rehab’s consistent staffing, therapist photos and bios are making the therapy team more accessible and providing greater connection, familiarity, and rapport with residents and Collington staff. In the words of one resident board member, “I even heard positive comments on Assisted Rehab from those that complain about everything!”

- Two of our therapists are taking courses to be dually certified as Aquatic Therapists and Geriatric Specialists in Aquatics. This was a key service residents wanted in a new rehab provider and Assisted Rehab is delivering on this.
- Our Speech Language Pathologist is now able to provide more resources for our Parkinson's Support Group and Physical & Occupational Therapy are seeking out involvement with Parkinson's patients to help them remain as independent as possible.
- Our Occupational Therapy team established a program for residents with low vision, to assist with their independence with activities of daily living, developed a presentation and met with the Low Vision Support group to answer their questions and provide more information.

Nursing Staff Development & Skills Training

- We welcomed Dora Gray as Collington's new Director of Nursing in January 2018. Dora and the health services team has completed a comprehensive assessment of the Health Center leading to medication administration skill testing for all nurses, review of nursing staff levels, training on equipment use, process improvements to provide better and timely customer service as well as establishing partnerships with vendors and providers to enhance everything from the beds residents sleep on to medication review by a pharmacy consultant.

2. Develop the physical facilities, technology, and infrastructure to support excellence in Collington's health, wellness and fitness programs.

Recent Actions in support of this goal include:

- The Strategic Planning Committee (SPC), a resident/staff/board member collaborative, sought and received the Board's support for undertaking the process of vetting and selecting an architectural firm that will develop a comprehensive plan to reposition (renovate) the Creighton Center, as well as the fitness, rehab and pool areas. This will be a highly inclusive process requiring the engagement of staff, residents and board members. The SPC has committed to selecting a firm by as early as March 2018 but no later than June 2018 and then begin the design phase immediately thereafter.
- Assisted Rehab has also updated our equipment, reorganized space to be open and more inviting, addressed overcrowding at the gym and created a Satellite Rehab Gym on the Shenandoah unit to serve inpatient rehab residents.

3. **Adopt and implement model practices to provide the full dimension of wellness opportunities for Collington residents, including physical, social, emotional, intellectual, financial, and spiritual well-being.**

Recent Actions in support of this goal include:

- Vitalize 360, created by Kendal, combines an innovative, person-directed approach to wellness coaching and the power of information derived from a scientifically-grounded assessment system. The program engages, challenges and inspires older adults to live full, healthy, vibrant lives and enables communities to improve successful aging. Collington has been trying to get full implementation of this program off the ground for several years. Just recently we hired a full time social worker that will focus exclusively on Vitalize 360, coordinating all efforts for the community.
4. **Provide a range of living opportunities with accompanying medical, nursing, and psycho-social support to optimize aging in place for Collington residents, with security, safety, and self-determination in a framework of continuing care.**

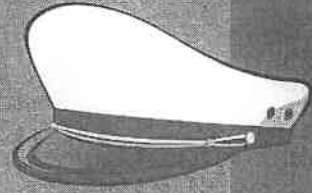
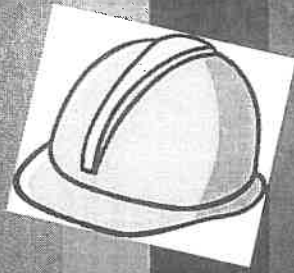
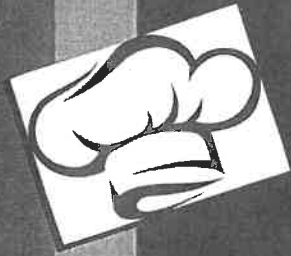
Recent Actions in support of this goal include:

- All of the actions detailed above further the success of this objective. Additionally, we have completed the upgrade to our SARA alert system to include door sensors on all independent living residences which will provide safety and security staff with better information on a resident that may not have left their home for an extended period of time (24+ hours) and may require additional assistance.

All of these steps help to promote our other strategic goals as well, such as fostering Collington values and relationship-based culture, engaging strategic partners, integrated model practices, and helping residents in achieving their own personal goals for living well. We look forward to updating you regularly on steps to implement our Strategic Plan!

Thank you!

– The Collington Board Strategic Planning Committee



The Hats We Wear!

Collection Date:

Friday, March 2, 2018

Time: 10 am - 12 pm

Location:

**Clocktower Glass
Cases**

Scour your closets and photo albums. "The Hats We Wear" will be the clocktower glass cases exhibit in honor of Women's History Month.

Find those military caps, nursing caps, cowgirl hats, pillbox hats, Easter bonnets, frivolous hats, Kentucky Derby hats, hard hats, pussycat hats, whatever characterizes you!

We would also appreciate pictures of you in any or all of your hats, past or present. Photos of you in your hats can be taken when you bring them to the clocktower.

Let's celebrate our past and present selves!

Collington Dining Service

W

Lunch	11:30 AM - 1:30 PM	11:30 AM - 1:30 PM	11:30 AM - 1:30 PM	11:30 AM - 1:30 PM
Takeout	4:30 PM- 5:00 PM	4:30 PM- 5:00 PM	4:30 PM- 5:00 PM	4:30 PM- 5:00 PM
Dinner	4:30 PM- 7:30 PM	4:30 PM- 7:30 PM	4:30 PM- 7:30 PM	4:30 PM- 7:30 PM
	<u>Monday</u> 26-Feb	<u>Tuesday</u> 27-Feb	<u>Wednesday</u> 28-Feb	<u>Thursday</u> 1-Mar
SOUPS	Wonton Soup Miso Soup (low sodium)	Cream of Mushroom Soup Hoppin John Soup (low sodium)	Peasant Soup Cream of Chicken Soup (low sodium)	Stuffed Bell Pepper Soup Pork & Black Pea Chili (low sodium)
SALADS	Asian Noodle Salad Salad Bar	Citrus Quinoa Salad Salad Bar	Berry and Walnut Spinach Salad Salad Bar	Tomato, Feta and White Bean Salad Bar
ENTREES	Ginger Beef Seared Ahi Tuna Sesame Ginger Chicken Burger Bar	Citrus Glazed Pork Loin Crawfish Ettouffee Vegan Jambalaya Fresh Beignets	Flat Iron Steak Lemon Herb Fish Filet Caprese Chicken Breast Stir fry Bar	Honey BBQ Meatloaf Corn Meal Crusted Catfish Stuffed Portobello Mushrooms Chef Special
STARCH & VEGETABLES	Asian Pancake Pancit Noodles Sautéed Napa Cabbage Sesame Soy Broccoli	Creole Red Beans Buttered Rice Red Swiss Chard Stewed Tomatoes and Okra	Polenta Cake Roasted Fingerling Potatoes Mixed Vegetables Roasted Eggplant	Stewed Lima Beans Mashed Potatoes Roasted Kabocha Squash Collard Greens

Weekly Menu

11:30 AM - 1:30 PM	11:30 AM - 1:30 PM	11:30 AM - 3:00 PM	Weekly Dessert Menu
4:30 PM- 5:00 PM	4:30 PM- 5:00 PM	Brunch	
4:30 PM- 7:30 PM	4:30 PM- 7:30 PM		
<u>Friday</u> 2-Mar	<u>Saturday</u> 3-Mar	<u>Sunday</u> 4-Mar	
Potato & Bacon Soup Manhattan Clam Chowder (low sodium)	Cabbage Roll Soup Roasted Cauliflower Soup (low sodium)	Chicken Barley Soup Grits & Oatmeal	
House Jell-O Salad Bar	Cucumber Dill with Sour Cream Salad Salad Bar	Pear and Cranberry Salad Salad Bar	
Beef Bourguignon Stuffed Pesto Salmon Seared Duck Breast Chef Special	Italian Hoagie Sandwich Cod with Roasted tomatoes Roasted Turkey Breast Chef Special	Carved Ham Quiche Lorraine Herb Crusted Game Hen Omelette Bar	
Roasted Cauliflower Wild Rice Egg Noodle Asparagus	Mashed Sweet Potato Cornbread Stuffing Green Bean Casserole Mixed Vegetables	Confetti Couscous Mashed Red Potatoes Sautéed Kale Roasted Root Vegetables	

Chocolate Whopie Pie
Cake

Pumpkin Pie

Apple Butter Spice Cake

Meyer Lemon Bar

Sugar Free Peach Pie
Sugar Free Chocolate
Cake
Sugar Free Raspberry
Mousse
Assorted Fresh Baked
Cookies

Red Velvet Ice Cream

Cinnamon Ice Cream