

# The Granville Gazette



## I found Paradise

Those of you who have been around awhile know that every February I jet set away from Colorado for a tropical vacation. When I return I get a lot of questions about where I went so I figured I would relay a bit about this year's vacation.

My traveling partners are always the same group of four friends. We all love to travel and are quite adventurous. Therefore, these vacations often turn out to be lower in relaxation and much higher in action. You know those vacations where you need a vacation to recover from your vacation. This year we spent eight days in Belize. If you are not familiar, Belize is a small country in Central America which borders Mexico to the north and Guatemala to the West. To the East is where it becomes special. This is where the country meets the Caribbean Sea and the largest barrier reef in the Western Hemisphere.

For the first four days we stayed on one of the many islands that dot the coastline. Here we ate delicious seafood, thick fish and lobster. We lucked out to get there just before the end of lobster season so we were sure to take full advantage of that. We also went on a beautiful sunset sail. Not sure why we chose Valentine's Day to do such a thing as it was just us and three couples who I'm sure were trying to spend a romantic holiday. But, if you ask me, they needed us to break the monotony of many years spent with the same partner. We all had a blast!

Also during our time on the island we took an all-day snorkeling adventure where we jetted off to the barrier reef in search of marine life. We found multiple different types of tropical fish, and also swam with sting rays, a logger head turtle an eel and even sharks!! They are Nurse Sharks so not aggressive, but freaky none the less. The rest of the time on the island we rode our beach cruiser bikes around looking for interesting sites and good mango margaritas , so delicious!

We left the island midway through our trip for the mainland and our cabana in the jungle. The accommodations were quite lovely with thatch roofed buildings and grounds manicured with every type of tropical flower imaginable. Here we were also provided with bikes to ride which we used each day to go to the orchard and pick fresh oranges and grapefruit. What a treat to eat fresh fruit right off the tree! After breakfast we would take off to the nearby St. Herman's Blue Hole National Park. Here we toured a cave where we had to crawl through spaces just large enough to fit your body. At 300 feet below the ground we sat to eat our traditional lunch, a giant chicken burrito. The cavernous rooms of the cave contained Mayan artifacts, crystalline stalactites and even human remains from sacrificial Mayan rituals.

Another day we again donned our headlamps and helmets but this time also our bathing suits in order to tube down an underground river through a very dark cave. And the last day we drove to a Mayan Ruin site and climbed to the tops of all the largest structures. Each day after all our adventures we swam in the clear blue water of the Blue Hole; a 25 foot deep, fresh water swimming hole right in the middle of the jungle; so cool and refreshing after hiking through the hot and humid jungle to our destinations. And that's what I did on my Winter vacation!

Sara Taylor  
Executive Director

## March 2017



### From the Activities Director:

#### Try It...You Might Like It!

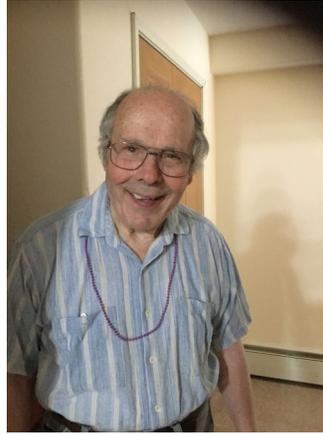
I have 2 very stubborn eaters in my house. Often I have to coax them into taking at least one bite of food, and quite often they realize that they really do like what's on their plate. This is also true about the many activities we have to offer. On occasion I have a resident tell me that they are not "into" the activities listed. So I say to you, "try it...you might like it!" Come to an activity, meet new people from the community and spend some time growing and learning with us. AND if you tried it and didn't like it, there are many more activities to choose from. By trying new things you may find that you have more interests than you first thought.

Carrie Peters– Activities Director

### March Outings

- 3/08 Bingo @ The Elks Club
- 3/14 Shopping @ Arc Thrift Store
- 3/20 Shopping @ Walmart
- 3/24 Sprouts

Welcome to The Granville:



**Gilbert Karp**

Residents Who Have Moved



**Lyman Snyder  
Faye Frost**



Residents Who Have Passed

**Maria Giron**

*Happy Birthday!*

Residents

Marilyn Swanson	3/02
Linda Jones	3/04
Barbe Cotts	3/08
Ernestine Padilla	3/14
Cassie Casler	3/19
Georgine Bedore	3/19
Steve Browning	3/25
Kathy Breitling	3/26
Jim Cavanagh	3/31

Employees

Andrew Cortinez	3/1
Eva Martin	3/10
Junior Martinez	3/22
Destiny Manzanares	3/28
Corina Casado	3/28
Jezrah Sakuma	3/30



## Puzzler



## Department Updates:

**From The Kitchen:** Preventing the spread of illness is important, please do not share food or pour your own drinks in the dining room. Thank you for your consideration.

**Resident Services:** Please remember that burning candles is **never allowed** inside the building, even for birthdays. It is a fire safety code and we want to be sure not to jeopardize anyone's safety.

**Bookkeeping:** Join us for St. Patrick's Day Bingo, Friday, March 17th at 1:15pm on the 3rd Floor.

**Medication Coordination:** We are launching our new EMR system on March 1st. This is a big transition for all of the employees and office staff. We ask your patience as we continue to familiarize ourselves with the EMR program.

**Maintenance:** Thank you to all who joined me for the Fire Safety Meeting at the end of February. If you have any questions on what steps you should take when you hear the fire alarm, please ask any staff member for help.

## FYI

### The Granville's Department Head Staff

Urbano Avila– Food Services Director  
Kathy Brock– Bookkeeper/Marketer  
Lesley Brown– Medication Coordinator  
Andrew Cortinez– Maintenance Coordinator  
Carrie Peters– Activities Director  
Jaime Tafoya– Medication Coordinator  
Sara Taylor– Executive Director  
Joe Whitney– Resident Services Director  
Oat Whitney– CEO  
Rose Marie Whitney– CEO

If you are interested in learning more about LDS services please speak with Helen Gaul.

*Sparky the therapy dog comes for a visit each month, this month he will be here on Saturday the 18th at 1:30pm in the Front Lobby. Be sure to come and say hi to him and his mom Tami, they will bring a smile to your face!*

## St. Patrick's Day Festivities

Heritage Irish Dancers Monday, March 13th 2:30pm  
Darby O'Gill and the Little People Monday, March 13th 3pm  
St. Patrick's Hidden Picture Game Tuesday, March 14th 3:30pm  
Leprachaun Scavenger Hunt Thursday, March 16th 3:30pm  
St. Patrick's Day Bingo Friday, March 17th 1:15pm  
St. Patrick's Day Happy Hour Friday March 17th 3pm

Check your March Calendar for locations!

### **The Outreach Society Needs Your Help!**

We will be making Dog Treats to donate to the JEFFCO Action Center. These dog treats will be given to the faithful companions of the homeless. Help us bring a smile to these owners by providing them with little treats for their loved ones who are always by their side.



**We will meet Thursday, March 9th and 23rd  
at 10:30am on 3rd floor.**

## What are Your Wishes?

This question is often hard to ask by the family members of a senior. That is why we will be having Newcomer Funeral Home come to speak about your wishes when the time comes for your family to prepare for their final farewell to you. You will learn about what decisions have to be made and how to speak with your loved ones about your wishes.

We hope you come for this informative presentation.

**Wednesday, March 15th 2:00pm  
On the 2nd floor**