

March 2013  
Volume 16 Issue 1

## **CURRENT GRANTS**

### **Health & Wellness**

**The Denver Foundation  
Venoco Community  
Partnership**

### **Meal Program**

**Daniels Fund**

### **Social Services**

**U.S. Department of  
Housing and Urban  
Development**

**November 1, 2012 -  
February 28, 2013**

## **TRIBUTES**

### **Jackie DeTurk**

Jan Euley

### **Beth & Jim Elland**

Jeanne Henderson

### **Rev. Jim Elland**

Ann Ross

### **Jeanne Henderson**

Fred & Karen Setzer  
Ed & Lucy Sieber

## **MEMORIALS**

### **Jean Campbell**

Jill & Tim Wayne

### **Hazel Davidson**

Jill Davidson

### **Edna DeSelm**

Marv & Jean DeSelm

### **Mary Tapscott &**

**Margaret Holtzinger**

Russ & Mary Anne  
McKenzie

## **CONTACT US**

### **President & CEO**

David Smart 303-937-3010

### **Chief Operating Officer**

Diana Delgado 303-937-3096

### **Director of Comm. Dev.**

Anna Agazio 303-937-5107

### **Director of Leasing**

Charlotte L. Cunningham  
303-937-3012

### **Director of Assisted Living**

Janet Kozak 303-937-3098

### **The Foundation**

Liz Grieser 303-937-3088

### **Eaton Senior Communities**

303-937-3000

303-937-3090 fax

[www.eatonseniorcommunities.org](http://www.eatonseniorcommunities.org)

## **YOU ARE INVITED**

to "Bridging the Gap," a Fundraiser on April 27th - Dinner with Live and Silent Auctions - presented by Eaton Senior Communities Foundation and sponsored by FirstBank.

The evening begins at 5pm with a Silent Auction, hors d'oeuvres, wine and beer. A \$10 raffle ticket earns you the chance to win a tablet computer while \$15 buys a bottle of wine, valued up to \$60 per bottle. Dinner and a Live Auction will follow.

All proceeds from this fundraiser will be added to the GAP Fund, which provides operating support for Assisted Living at Eaton Senior Communities.

Individual tickets are \$75 and tables for eight are available for \$600. Please contact Liz Grieser for more information at 303-937-3088.



## **FOCUS ON RESIDENTS—Jackie DeTurk**



Jacqueline DeTurk was born in Bucyrus, Ohio in 1931 and spent her early years in Dayton, Ohio. Her mother's health required a change of location, so her parents moved Jackie and her younger sister, Sally (who was "much wilder," according to Jackie) to Colorado.

Determined to continue her education after high school, Jackie worked, saved and went to college, repeating this cycle until she earned her PhD in Psychology. Her career as a Psychologist took her to the Mental Health Institute at Fort

Logan, Spalding Rehabilitation Hospital, and Craig Hospital in Denver, plus Boulder Memorial Hospital. She ended this part of her career in private practice. Her second career included serving as an ombudsman for Denver Regional Council Of Governments in Littleton and teaching English as a Second Language to immigrants from Vietnam.

Jackie was no stranger to Eaton Senior Communities when she moved here in 2001. Her parents, Isabel and Edward, lived in both The Residences and Assisted Living during their later years. In a 2007 interview, Jackie talked about Eaton Senior Communities. "I had chosen this place for my parents and was quite pleased with how evident the mission was in daily activities." She used her talents to serve as a resident representative on the board of Eaton Senior Communities Foundation (formerly Wellspring).

A favorite part of her life at ESC was working with Rev. Jim Elland, Eaton's former pastor, and attending the on-site West Alameda Community Baptist Church services and weekly Bible Study. As Jackie's Alzheimer's Disease progressed, she needed a higher level of services and chose to move to our Assisted Living community in 2011. She continues to serve on ESC's Caring Connection, visiting fellow residents and sharing her warmth and understanding. Jackie is also a member of the Mission and Ministry Task Force. Several years ago she said, "God is a big deal in my life. I'm happy for the many opportunities for spiritual growth expression."

As role models go, there is none better than Jackie, accepting what life has given her with grace and dignity.

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

Eaton Senior Communities  
333 South Eaton Street  
Lakewood, CO 80226  
Phone: 303-937-3000  
E-mail: [foundation@eatonsenior.org](mailto:foundation@eatonsenior.org)

Check out our Facebook  
Page for weekly stories at  
**[www.facebook.com/  
eatonseniorcommunities](https://www.facebook.com/eatonseniorcommunities)**

## Legacy Healthcare Services

**COPD** stands for Chronic Obstructive Pulmonary Disease, a chronic lung condition that affects 24 million Americans. Each year COPD causes 13.4 million doctor's office visits and 634,000 people require hospitalization. It is the 4<sup>th</sup> leading cause of death for persons aged 65-84 years of age. Risk factors for COPD include: a history of long term smoking, work-related dust or chemical exposure and second-hand smoke exposure.

**The Legacy Healthcare Services Therapy Team at Eaton Senior Communities** assists residents in taking the necessary steps to maximize their health, including: **understanding COPD meds, learning about exercise and good nutrition, conserving energy and controlling stress, and using oxygen therapy, if indicated by a doctor.**

In addition, Legacy's Pulmonary Program focuses on decreasing the risk for future hospitalizations and improving overall well-being, enabling residents to do the things they need to do and the things they love.

Stop by the Legacy Healthcare Services Therapy Office in the Residences' 4<sup>th</sup> Floor Fitness Center to see how they can assist you or a loved one.

## Aging Well at Eaton Senior Communities

Eaton Senior Communities Foundation supports the **Wellness Program@ESC** through your donations and grant funding. As Health Services Coordinator, Edna Ramos, LPN, continues to increase the number of **Tools for Aging Well** that are offered to each resident and employee. An on-site supervised **Fitness Center** is available to both groups, and scholarships are available for those who can't afford the monthly membership fee. **Eight Weekly Exercise Classes** include Tai Chi and seated exercise, with classes led by staff, residents and professional instructors.



A **Wellness Committee**, comprised of staff and residents, meets monthly to promote one of the **Eight Dimensions of Wellness** – Emotional, Spiritual, Intellectual, Physical, Social, Nutritional, Environmental and Community.

**Four Wellness Clinics** are offered each week. **Centura's Health S.E.T.** program enhances these clinics with more detailed monthly health assessments and advocacy. **Monthly Nutrition Talks** and free **Individual Nutrition Counseling** are provided by Morrison Senior Living

**Foot-Care Clinics, Eyeglasses Clinics, Acupuncture and Massage Therapy** round out the comprehensive Wellness Program that encourages everyone to "**Age Well.**"

## Profile of the ESC Residents

The Residences@ESC is a HUD-subsidized community, offering 161 senior apartments with supportive services. The average age in this community is 79.

Assisted Living@ESC has 66 apartments and serves seniors with an average age of 82. Currently, 61% of these residents rely on Medicaid for support.

Eighty-seven percent of ESC residents are women, and over 25 faith traditions are represented in the communities.

**Assisted Living at Eaton Senior Communities has apartments available, offering luxury living at affordable prices.**

**Contact Anna Agazio at 303-937-5107 to set up a tour.**