



SUMMER
2009

Moments *at* MARYCREST ASSISTED LIVING

A decade of excellence, a legacy of care.

OUR MISSION

Marycrest Assisted Living is a legacy of the Sisters of St. Francis. We provide compassionate and comprehensive services in a comfortable and dignified environment for persons with disabilities and for seniors. By serving those most in need we honor and maintain the mission of our founders.

The Director's Slate

Paula Padilla, Executive Administrator

The Marycrest campus is on the move. Early in May, the Queen of Peace residence was razed to make room for new townhouse homes for the Sisters of St. Francis. The residence has been Marycrest Assisted Living's next-door neighbor for as long as we have been here, so seeing the wrecking crew at work was a sad moment. I reminded myself that, while this event marked the end of a 1960's era building, it also is the first real evidence of the Marycrest campus' rebirth as a fresh, eco-friendly home for the Sisters, as well as for many families seeking a fresh start and economic stability. The Sisters will move into their new townhomes this fall, and all of us will begin to get used to the "new normal."



"Getting used to the new normal" seems to be the ongoing theme these days, not just at Marycrest Assisted Living but for all Americans. While making no difference in the daily lives of residents, our transition into a separate non-profit organization is different in other ways. We continue our relationship with the federal Dept. of Housing and

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Director's Slate...continued



Urban Development – HUD – which grants housing waivers that help low-income residents with rent payments. We have a new relationship with Medicaid, which is a significant source of financial assistance to residents, and also impacts our overall staffing. For a number of years, we have been fortunate to receive regular increases in Medicaid reimbursements. This year we consider ourselves lucky to hold the line with no increase at all.

The new normal means we all must find ways to do more with less: the Marycrest Assisted Living management and staff are looking at every way that we can be more efficient in caring for residents, while continu-

ing to maintain the highest quality of care. Even with the generosity of the charitable community, we are stewarding our resources very carefully to provide the best value for our residents and their families.

We know the economy will improve, and we are not going to allow difficult times to dampen our spirits at Serenity and Harmony residences. As you read through this issue, take note that our annual Independence Day celebration will be as much fun as ever. Lots of help is needed – and welcomed – to make this year's event our best yet.

With warmest regards,

Paula

Marycrest Assisted Living Board of Directors

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Marycrest Assisted Living

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A community of Legacy Senior Services

Resident Spotlight:

Margery Ferguson, Serenity Residence

Margery Ferguson started her life in the farthest southwest corner of the main land United States – San Diego, California - and has spent a lifetime making the world her home. Her passport is filled with stamps from all points, having travelled to Greece, Yugoslavia, Russia and England. Her residences have included China and Guam. Her travels also gave her an opportunity to give back, and Margery has taught English as a second Language in China and in Guam, as well as her at the Community College of Denver.

Margery’s life has not been limited to high adventure in foreign lands. She enjoyed a 21-year marriage and has two beautiful daughters, Katie and Tina.



Now in her free time Margery likes to hike in the mountains, or take walks closer to home in area parks. She loves to read. She still enjoys teaching, and has expressed an interest in tutoring. Margery – we are so glad you have made Marycrest Assisted Living your home!

CAMPUS CORNER

Cinco de Mayo Fundraiser Dinner

On Friday, May 1st we held our annual Cinco de Mayo Celebration Fundraiser Dinner. The event was a huge success with the live music, great food and all the wonderful people who came out to support the residents of Marycrest Assisted Living.

A special thanks goes to the wonderful people at Mi Pueblo Market in Thornton, Mi Tierra Mexican food in Arvada, 3 Margaritas in Westminster, Rosita’s in Westminster, The Armadillo in Northglenn, Denver Syrup, Robinson dairy, Anderson Meats, Mike Audino, Deacon Sandoval, Jeff

Cruz, Funeraria Latina and Carolina Puente for their very kind donations. Our dinner would not have been possible without them. Thank you!



The More You Know: Medicaid Assistance For Residents

Maintaining good health is important to everyone, and many people worry about how to cover the cost of the health care they need.

Medicaid is a program jointly funded and operated by the federal government and the state of Colorado, that may be able to help you pay for medical care. Many American are confused over the difference between Medicare and Medicaid, how they work and how to determine eligibility to receive benefits.

Medicare is a federally funded and administered program that provides health insurance for those over the age of 65, and persons with certain disability status. Medicare covers many health services and also offers a prescription drug benefit. Insurance premiums are typically deducted from the individual's Social Security payments.

Medicaid was established in 1965 as part of the Social Security Act, and was designed to help low-income families pay for certain health care services. In addition to children, pregnant women and certain other groups, Medicaid also covers some health care services for persons receiving Supplemental Security Income (SSI), and those who are covered by Medicare. The program is funded and administered jointly by the federal

government and the state of Colorado, and the state of Colorado sets the Medicaid eligibility rules for its residents.

If you think you may become eligible for Medicaid in the near future, it is important to start the application process now. Determining eligibility for Medicaid, and making application can be a bewildering and frustrating process, and can take months. Expect to provide detailed information about your assets and your income.

Some Frequently Asked Questions about Medicaid:

Q: How do I determine if I am eligible for Medicaid?

A: Contact your local county office of Human/Social Services (in Denver, 720-974-0032) to obtain a Medicaid application. If your application is to be based on your disability status, remember to also request a disability application. You may also find the Medicaid and Disability applications online at www.chcpf.state.co.us, and follow the links to Medicaid.

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Q: How long will it take to process my application?

A: The county will respond to your initial application within 45 days. If your application is based on a disability, the county is allowed 90 days to respond. Keep in mind that additional information is often required, and you will have ten (10) days to provide additional information when requested. Once you provide this information, the 45-day and 90-day response timelines begin again.

Q: What information should I expect to provide with my application?

A: Provide as much information as possible. Answer all questions on the application completely, and list all assets and income sources. Even if you are determined to be ineligible based on your resources, with this information provided, later review can go more quickly when your circumstances change.

Q: I'm spending down my assets now, but think I may be eligible for Medicaid within a few months or a year. When should I apply for Medicaid?

A: Because the application process can take months to complete, it is important to start the application process before you are unable to pay for services. Consider making your application when you believe you have about six months' resources available.

Q: I previously qualified for Medicaid. How can I find out if my Medicaid is still active?

A: Contact your county Department of Human Services.

Q: I lost my Medicaid card. How do I get a replacement?

A: Contact your county Department of Human Services.

Q: I have both Medicare and Medicaid. Why doesn't Medicaid pay for my prescription drugs if I have Medicare?

A: Medicaid is a payer of last resort, which means that Medicaid pays last after all other available sources. In most cases, other insurance and Medi-

care part D prescription drug benefit will pay for your prescriptions.

Q: Why was I enrolled in a Medicaid HMO?

A: Medicaid uses passive enrollment in the Medicaid HMO to encourage participants to use managed care plans and select a primary care physician as their medical home. If you would rather have the Medicaid fee for service plan, watch your mail for information on how to make this change.

Q: How do I dis-enroll from a Medicaid HMO?

A: You can call HealthColorado at 303-839-2120 for information and assistance in dis-enrolling from a Medicaid HMO plan.

Q: How can I get help choosing a doctor or specialist?

A: You can use the Medicaid Provider Lookup online at www.chcpf.state.co.us, then click on "clients and applicants" and scroll down to "How do I find a provider?." You may also call the Medicaid Customer Service line at 1-800-221-3943, or locally at 303-866-3515.

Medicaid is an important benefit for those with low-incomes who need help paying for health care services. For more information on the Medicaid program, visit our web site at www.MarycrestAssistedLiving.org/resources.html.

CAMPUS CORNER**4th of July Celebration**

Planning for our Independence Day Blowout on July 2 is well underway, and will offer a day of fun for residents and their families alike. We will enjoy the fun games, great music and food and even a few surprises – watch for details coming later this month. The best part of the celebration is the happy and energetic volunteers who help to run the show, and your help is needed! Now is the time to call Barbara at (303) 433-0906 or email her at actmarycrest@comcast.net and let her know that you are ready to be part of the action.

A WORD FROM THE SISTERS OF ST. FRANCIS AT MARYCREST

Spring is in Full Swing!

During these days it is amazing to look out the window and see all the changes that are taking place in our world.

Trees are greening, flowers are beginning to bloom, birds are beginning to sing, and the sky is getting bluer! But what is happening inside? Spring is a wonderful time to look at our own personal climates! What is the weather like? Are we blooming? Are we greening like the outside world?

If spring is a time of renewal, a time God has appointed for our world to change and revitalize, maybe we too might take the hint and put some energy into our own renewal. Here are some thoughts around SPRING.

S – S is for service. How are you reaching out to others? Is there someone in your world that





needs attention, needs your compassion, or your support? Holy Scripture speaks to us in this way: "Each of you has been blessed with one of God's many wonderful gifts to be used in the service of others. So use your gift well. 11If you have the gift of speaking, preach God's message. If you have the gift of helping others, do it with the strength that God supplies. Everything should be done in a way that will bring honor to God because of Jesus Christ, who is glorious and powerful forever." (1 Peter 4: 10-11) Service is the bloom of our spiritual garden, and the source of fragrance!

P – P is for prayer. Prayer deepens our relationship with God...and gives us the opportunity to turn everything over to a God who cares. Prayer then becomes rain.

R – R is for rain. It's important to water our spiritual garden...it revives the drooping spirit and our thirsting soul. Sometimes that's as simple as turning our attention to God and sinking into a moment of quiet, recognizing God's presence in that moment.

I – I is for inspiration. Just as a garden breathes in the sun and rain, we are called to breathe in God's goodness. Receiving is a part of giving...and God gives us innumerable gifts that sustain, nourish and grace our souls. What are you being called to receive today?

N – N is for nurturing our relationships. We don't exist in isolation to others, and sometimes those relationships grow stiff, lack energy and life. Renewal of our relationships might involve forgiveness, loving outreach or quiet acceptance of another. It also might mean speaking our own truth, sharing our pain or offering gentle companionship. Our relationships are the soil of our lives...and the garden of our earthly existence. And lastly, G.

G – G is for gratitude. Gratitude can change our attitude (help us till our soil), and make the garden vibrant, alive with color and meaning. We are called to gratitude...which is the memory of the soul. We are called to "Give thanks to the Lord for he is good, his love is everlasting." In the end... SPRING is a time of growth, a time to bask in God's loving energy and love, and a time to bloom! Have a wonderful spring.

Peace and All Good,

Sr. Rita Cammack, OSF

CAMPUS CORNER



Resident Birthdays

June

SERENITY

Alice Gonzales:	June 4th
Kathy Garrity	June 11th
Muriel Olson	June 21st
Carolyn Schmidt	June 30th

HARMONY

Gale Vest:	June 7th
Amos Bearshield	June 10th
Debbie Cito	June 11th
Alaric Greene	June 12th
David Payne	June 18th

A Word Of Thanks

As we bask in the beauty of Harmony Residence's newly renovated first floor, we are very much aware that our capital fund drive is not finished yet.

The next step in the capital improvement program is to replace the outdated emergency call system in both the Serenity and Harmony residences, and we are almost there. We are now 84% of the way to our \$307,500 goal, and must raise \$49,000 to match the Boettcher Foundation challenge grant to complete the funding and begin the work.

The new emergency call system will feature two-way communication, allowing residents to let staff know what kind of help they need. Wireless connectivity with staff will enable them to respond more quickly when a call is made. Replacing the old system is critical in helping staff be more efficient in caring for residents, and in improving the quality of care.

Please consider making a tax-deductible gift to the capital funding program. If you like, your gift

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SAYS...

Thank you



can be paid over several months, or can be set up to automatically draft from your bank account. All gifts, large and small are important and deeply appreciated. For more information on giving to the capital program or a resident care program, please call Business Director Denice Crandall at 303.433.0282.

CAMPUS CORNER



Special thanks go to the board members and staff who made our March 31st open house at Harmony Residence a memorable party. Thank you to Jim Smith for scrumptious snacks... to Paula Padilla for serving as the charming Mistress of Ceremonies... to Sisters Sue Artone-Fricke and Regina Boyle for their historical perspective, and to Board Vice President Lynn Smith for her view to the future.

