

THE CHAL CHRONICLES

Newsletter of Cherry Hills Assisted Living & Memory Care



"Love grows when it's shared, happiness deepens when it's given away, and the fullest life is found in what we offer to others."
- Unknown

February at Cherry Hills Assisted Living & Memory Care

A Month of Love, Connection, and Community

February is a time to celebrate love in all its forms—friendship, family, kindness, and the joy of being together. At Cherry Hills Assisted Living and Memory Care, our community is filled with moments that remind us how meaningful those connections truly are.

This month, we're looking forward to special Valentine's activities, cozy winter gatherings, and plenty of opportunities to share smiles and laughter. From heartfelt crafts and sweet treats to music, games, and time spent with loved ones, February brings warmth even on the coldest days.

We're also grateful every day for our incredible residents, families, and team members who make Cherry Hills such a caring and vibrant place to call home. Your compassion and support are what make our community so special.

Be sure to check the pages ahead for upcoming events, resident highlights, and community news. We're so glad you're part of the Cherry Hills family—happy February!

Sincerely,

Your friends at Cherry Hills Assisted Living & Memory Care



Former Journalist Finds Purpose in Helping CHAL

We're excited to introduce our new Editor in Chief, Peg! She brings a wealth of experience as a former journalist and speechwriter for Wells Fargo. At CHAL, Peg keeps our writing sharp as our editor and proofreader. She's incredibly talented, and we're so grateful to have her sharing her skills with our team!

Finding a Way to Happiness

Now that I'm at Cherry Hills, what else can life offer me?

The answer is, a great deal, no shopping for food, no cooking, no laundering, no cleaning your living space. For the first time in your life, you are free to write, to draw, and to lift yourself from the mundane life we have all lived.

You could start by writing letters to all those you love, telling them how you feel. Turn your attention to those around you, both staff and residents, learn their names, find out how they are, and help them if you can. A smile goes a long way. If you have been taught to appreciate religion, go to the services in the theatre on Sunday Mornings. You never know, you might need a leg-up when time gets short, later on.

So, there you are, life is what you make of it. Be proud of this stage in your life and live it to the fullest.

~Daphne



MONTH AT A GLANCE

2/3 - 3 PM:

NEW RESIDENT
MEET & GREET

2/7 - 2:45 PM:

STUDENT VIOLIN
PERFORMANCE

2/9 - 11 AM: MTN MAN

2/9 - 11:30 AM:

ARAPAHOE LIBRARY

2/17 - 1:30 PM:

CHRIS WELLS

2/19 - 1:30 PM:

CHEF CHAT WITH
GERSHWIN

2/23 - 11:30 AM:

ARAPAHOE LIBRARY

2/23 - 2 PM:

BOOK CLUB WITH BETH

2/26 - 1:30 PM: TEACHING

KITCHEN WITH GERSHWIN



SUCH FULL, SPECIAL DAYS HERE AT CHAL!



MEMORY CARE WINTER FUN!



ACTS OF SERVICE SATURDAYS!



CHAL LEADERSHIP TEAM

- Melia Sharkey - Executive Director
- Michele Farrelly - Sales & Marketing Director
- Jennifer Townsend, LPN- Director of Memory Care
- Adam Dodd, LPN- Director of Assisted Living

- Caitlyn Croce - Business Office Manager
- Gershwin Sandberg - Executive Chef
- Trish Dunbar - Director of Community Life
- Eric Davis - Director of Operations



ACTS OF SERVICE SATURDAYS

At Cherry Hills Assisted Living and Memory Care, giving back is more than a kind gesture—it's the way we do life here. During our Acts of Service Saturdays, residents come together for a meaningful community outreach project: packing snack packs for Nourish Meals on Wheels. This helps support neighbors who rely on nutritious meals and a friendly connection.

This activity fills our community with energy, purpose, and plenty of smiles. Residents gather around the bistro stocked with snacks, carefully assembling each care package with thought and care. From counting items to decorating the bags, everyone plays an important role in ensuring the finished snack packs are ready for delivery.

Purposeful Engagement at Cherry Hills

Acts of Service Saturdays are a regular part of life at Cherry Hills, designed to promote purpose, connection, and community. Community service activities like this one support cognitive engagement, fine motor skills, and social interaction—while also fostering a strong sense of belonging.

Building Community Beyond Cherry Hills

Cherry Hills is a close-knit community and our residents value staying connected to the world beyond their home. Partnering with organizations like Nourish Meals on Wheels allows residents to remain active citizens and compassionate neighbors.

More About Nourish Meals on Wheels

Nourish Meals on Wheels serve individuals who may be homebound or facing food insecurity, and these snack packs are an important addition to their services. These simple but thoughtful packages provide nourishment, comfort, and a reminder that they are part of a bigger community.

Gratitude and Looking Ahead

We are grateful to Nourish Meals on Wheels for the work they do every day and for giving our residents the opportunity to support its mission. We are equally proud of our Cherry Hills residents whose enthusiasm and generosity continue to inspire staff, families, and the greater community.

Acts of Service Saturdays will continue to be a cornerstone of life at Cherry Hills—because giving back never gets old, and kindness is something we can always share.