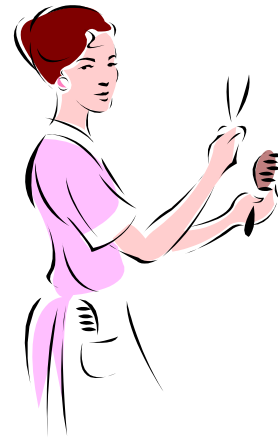




The Courtyard of Loveland
605 California Avenue Loveland, CO 80537

Office Phone: (970) 667-3342 Director: Vickie Martina
 Fax: (970) 667-3079 Activities Coordinator: Joy Ludlum
 E-mail: courtyard@courtyardofloveland.com Owners: Kay vonMetzger, Donna Larson,
 Website: www.courtyardofloveland.com and Linda Vernon

Anita Brands, Licensed Hair Stylist 970-219-6335
List of Services and Prices



Men's Haircut	\$10.00
Shampoo & Set	10.00
Haircut & Set/style	17.00
Haircut Only	12.00
Perm including haircut (long hair and spirals cost extra)	50.00
Perm includes cut, but NO style (long/thick hair cost extra)	45.00
Highlights	40.00 & up
Color	35.00 & up

Open every Friday from 9:30 a.m. to 4:30 p.m.
 Other appointment days are available upon request..
 Call today to set up your appointment

Welcome to The Courtyard!



Tucker Riggs
Cook/PCP



Jaime Farmer
CNA



Katie Cinea
QMAP



Beth Wilson
MA/PCP



Volunteers Needed
 If you are interested in volunteering please contact Joy, Activities Coordinator, at 6676-3342. Thank you!



We have gone green! Go to www.courtyardofloveland.com to view our monthly newsletter in color!

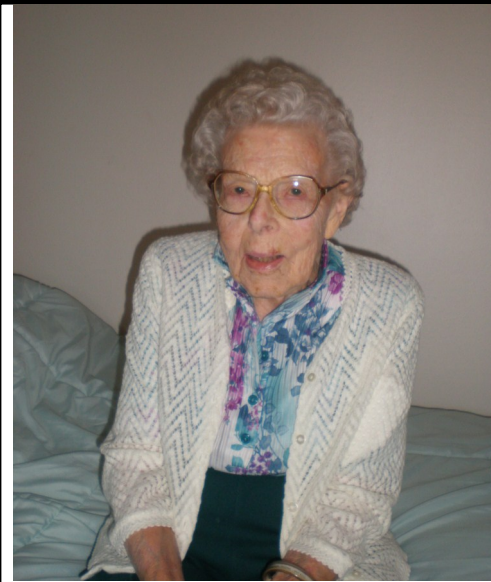
February 2012



The **Courtyard** of Loveland
 Gracious Assisted Living



A Private, Medicaid, and Respite Care Community
Featured Resident: REGINA ELM SHAEUSER



Happy 100th Birthday Regina!
 Regina was born on her parent's farm on February 6, 1912. She had four brothers and four sisters. Regina has many memories of working at the family farm, including getting up and going out to milk the cows before breakfast. She remembers the barn cats eagerly waiting for some milk from the cows. She also fed the pigs and chickens and gathered eggs. She enjoyed baking cookies, pies and breads. On Sunday afternoons her Dad would read a sermon and she had to sit still and listen as there would be test questions at the end. She graduated eighth grade in a country school and then left home to attend high school in Ogallala, Nebraska. She remembers being a member of the Glee Club, playing baseball and running races. Regina states one of the best days of her life was the day she got her Singer sewing machine. Regina learned to sew from her mom and became an accomplished seamstress. She also enjoyed working on embroidery. She drove a school bus for a while for a high school. Regina enjoys staying active and regularly participates in a variety of activities including exercise, games, music, cooking, and outings. Regina's faith is very important to her. When asked what her secret is to long life, she replied "live a Christian life."

Love is a Miracle

Love is a miracle, sweet as can be,
 That will always remain a complete mystery.
 For though it is something that's centuries old,
 It cannot be purchased for silver or gold.
 But instead must be given of one's own free will,
 And received with no promises it must fulfill.
 And once it's exchanged in this time-honored way,
 There's nothing that love cannot manage to say.
 No problems too great and no problems too small,
 For love, like a miracle, conquers them all.
 And leaves in their place such a feeling of peace,
 That joy, just like love, cannot help but increase!



Vickie's Voice



February in Loveland, our "Sweetheart City, is especially fun for Valentine's Day. 2011 is the 66th anniversary of The Loveland Chamber of Commerce's Valentine Re-Mailing Program. More than 160,000 valentine cards are re-mailed by volunteers at the Loveland post office each year from all 50 states and international countries. During the first two weeks in February, there are more than 60 dedicated volunteers who hand stamps each card with a special cachet design and then send the loving messages on their way around the world.

Our beloved resident, Alberta Bay, is a retired Valentine Stamper who volunteered for over 31 years! The Courtyard is proud to provide a hot breakfast prepared by our Chef, Jim, for these special volunteers on February 8th. It is our way of sending some love and a heartfelt thank you back to them.

The Courtyard also has Valentine cards for sale portraying artwork by our residents to benefit the Loveland Youth Gardeners. The Loveland Youth Gardeners' mission is to cultivate skills, promote stewardship and service in young people through sustainable gardening and healthy living practices. This program has made a positive difference in the lives of many of our Loveland youth. The Loveland Youth Gardeners partnered with our residents last summer to produce our first vegetable garden which was enjoyed by all!

These unique valentines are for sale in the front office, so please take a look. The Courtyard is having a Valentine's Day Party on February 14th from 2:00-3:30P.M. Miss Loveland Valentine, Mary Askam, will be joining us on Valentine's Day for our party! All of our families and friends in the community are invited to join us for sweet treats and music.



Join our Valentine's Day celebration at 2:00 on February 14th in the dining room. Miss Loveland Valentine, Mary Askam, will speak at the party, and Dee Perkins will provide musical entertainment on the piano. Lots of food, fun and entertainment.



The Loveland Heartbeats will entertain us on Wednesday, February 29th, at 2:00 p.m. Enjoy listening to some good old fashioned songs and sing along if you wish.

Residents wanting the special Loveland postmark with cachet can bring their Valentines to the office and Joy will take them to the Chamber of Commerce for stamping on Tuesday, February 7th.



We will celebrate Mardi Gras this year with special food, decorations, and music. Join us on Tuesday, February 22nd, at noon in the dining room.

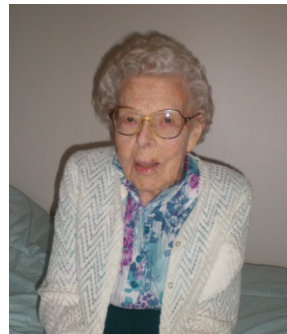
INTRODUCING Arthritis Foundation Exercise Program Classes!

Our Activity Coordinator, Joy, has just completed the training to teach this exercise program. An orientation for this class is scheduled for Friday, February 3rd at 2:00 p.m., and classes will begin on Monday, February 6th. The Courtyard is one of only two locations in the Loveland/Ft. Collins area to offer this class. Exercises are specifically designed to increase range of motion, lessen pain and increase relaxation for people with all types of arthritis. Residents and family members are welcome to participate. Please contact Joy for more information.

February Birthdays



Bev



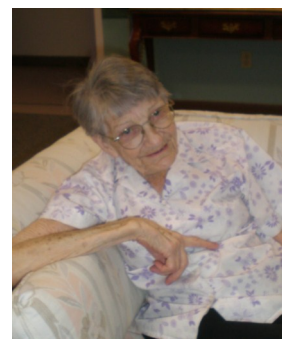
Regina



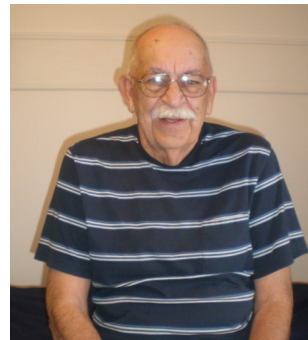
Esther



Leona



Agnes



Don

