

Enhancing Senior Living: The Vital Role of Activities and Activity Directors at Columbine Health Systems

FORT COLLINS, CO, USA, May 31, 2024 /EINPresswire.com/ -- In senior living communities, activities and the guidance of skilled activity directors enrich the lives of residents. Jacob Lapp, [Columbine Health Systems](#) Activity Director Team Lead, emphasizes the impact of engaging in hobbies and activities for seniors, stating that research shows they can reduce the risk of depression and anxiety, improve physical health, and increase socialization. He highlights the importance of offering a variety of activities to cater to diverse needs, from intellectual stimulation to physical exercise. At Columbine Health Systems, activities are carefully curated to nurture residents' minds, bodies, and spirits, ensuring that every individual finds purpose and joy in their daily lives.



The Worthington Independent Living Community resident, Yuriko Mita, socializing at the annual Oktoberfest celebration.

Why Activities Matter



It's my mission to ensure Columbine continues to be the trusted caregivers for loved ones and to pursue a culture of being the best."

Paul Benigni, CEO

Mental Stimulation: Engaging in intellectually stimulating activities not only keeps the mind sharp but also promotes cognitive vitality. Activities such as educational seminars, brain games, and poetry clubs encourage residents to continuously learn and explore new ideas, contributing to mental acuity and overall well-being.

Physical Well-being: Regular physical activity is vital for maintaining mobility, strength, and overall health in

seniors. Activities like yoga, tai chi, and drum circles offer opportunities for gentle exercise, improving flexibility, balance, and cardiovascular health. Additionally, activities such as gardening and museum outings provide enjoyable ways to stay active while connecting with nature or exploring new surroundings.

Social Interaction: Social engagement is essential for combating loneliness and fostering a sense of belonging within senior living communities. Group activities like Wii bowling, balloon volleyball, and card games promote camaraderie and friendship, creating opportunities for residents to connect, laugh, and build meaningful relationships.

Emotional Well-being: Participating in enjoyable activities has been shown to boost self-esteem, improve sleep habits, and minimize behavioral changes among seniors. Events like musical acts, art and appetizers gatherings, and happy hour socials provide avenues for relaxation, enjoyment, and emotional fulfillment, contributing to overall happiness and satisfaction.

Embracing Independence: Discover the Benefits of [Independent Living](#) Columbine Health Systems' four independent living communities, The Worthington, The Winslow (Fort Collins), The Wexford (Loveland), and The Windsor (Windsor), offer residents a caring community that fosters camaraderie and support. Dorsis Allen, 89, found solace at The Worthington after her husband's passing, reflecting, "I have met more



Columbine staff members Marisela Luna (left) and Kim Palmer (right) enjoying book club at The Windsor Independent Living community with resident Carolyn McIntosh.



The Wexford Independent Living Community resident Erwine and Activities Director, Jake Lapp, having St. Patrick's Day fun!

people who are in my shoes, and we talk at dinner about how this feels like our family. The staff is phenomenal!" Similarly, Peggy Wolaver, 96, echoes this sentiment at The Winslow, cherishing the friendships that encourage independence, stating, "Being around people helps you stay young; you make supportive friends and are active, which keeps you independent."

Engaging in a variety of social activities enhances residents' well-being and enjoyment of life. At The Wexford, 81-year-old Jean Eads participates in programs that keep her mind sharp and spirits high. "They help keep our minds going. We have a walking group, classes, and movies on the weekend - there is always something to do. I love to walk in the Benson Sculpture Garden with my new friends." Gladys Livingston, 92, at The Windsor, values the opportunities for an active lifestyle and meaningful connections, expressing, "The Windsor provides residents with great activities."

Maintenance-free living allows residents to focus on what matters most. Dorsis enjoys the freedom from household chores at The Worthington, while Peggy and Jean appreciate the convenience of worry-free living. Peggy shares, "I finally got my dream kitchen - NO STOVE - but I do have other appliances. I don't have to do anything. Maintenance is available 24/7."

Dining experiences rival those of upscale restaurants, with delicious meals and attentive service. "The food and staff are outstanding - the banquets are awesome - and help is always there," Shares Peggy. "They have a beautiful dining room, wonderful servers," Jean adds. Lynn Drips, 90, loves that she doesn't have to cook and gets to have great meals made for her.

Complimentary transportation services provide flexibility and peace of mind. Lynn says The Winslow gives her access to transportation to get wherever she needs to go and helps her stay busy with activities. "I can come and go as I want," explains Jean. Safety and security are important to residents. Lynn shares, "My family feels better having me at The Winslow. They are at ease knowing I'm in a great and safe environment and know that I'll be taken care of. As a people person, I love being with people. It's a wonderful place to live."

Dorsis fondly refers to The Worthington as her "happy place," emphasizing the peace of mind and contentment she experiences in her new home. She reflects, "Moving into independent living was one of the best things I've ever done. It's not what I thought it would be: it's much better!"

Discover the benefits of independent living at Columbine Health Systems' residences and embark on a journey of camaraderie, convenience, and peace of mind. Learn more at columbinehealth.com/independent-living

Columbine Health System includes:

68 Patio Homes

4 Independent Living Communities

3 Assisted Living Communities

4 Health & Rehab Communities
Columbine Medical Equipment
Columbine Poudre Home Care (medical)
Columbine Bloom at Home (non-medical)
Columbine Poudre Infusion Therapy

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