

# Colonial Court

Assisted Living With A Loving Touch

We provide the highest standard of personal care in a home environment, with loving and patient nursing and care staff.



**921-5473**

12016 East Cataldo Ave., Spokane Valley

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- Full Craft & Activity Programs
- Transportation Services
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Family owned and operated setting Colonial Court apart from the rest.



**BROADWAY COURT ESTATES**

*The perfect place to hang your hat.*

13505 East Broadway Ave.  
Spokane Valley, WA 99216

## Broadway Court Estates Tenant Profile Corner (509) 921-0249 [www.broadwaycourtestates.com](http://www.broadwaycourtestates.com)



Darrell and Nancy Mills are January "Tenants of the Month". Nancy was born and raised in Spokane. She had 6 brothers and 1 sister. Nancy graduated from Marycliff Highschool and worked for Rosauers grocery store for 11 years.

Darrell was born in Los Angeles, California and raised in Seattle, Washington. He was in Army Reserve for 6 years and then drafted for 2 years. Darrell and Nancy each have 3 children, several grandchildren, and great grandchildren from previous marriages. They met in Spokane when Darrell took a job with Spokane County as a Computer Systems Analyst. Nancy has a special interest and a love to play Bridge. She is good at it! Darrell's special interest was in flying when he was allowed to fly other student's airplanes while at the Airforce Academy. Darrell's memorable trip was when he traveled through India on a mission trip in 2002. He thought it was an amazing, strange, and unforgettable country. Nancy toured Spain and North Africa and had a great time. Darrell and Nancy say "BCE is a good place to live. The tenants are friendly, and the staff go out of their way to make us comfortable."



[www.ahlaimages.com](http://www.ahlaimages.com)

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**January 2021 Issue 227**

## RETIREMENT LIVING WITH AFFORDABLE ELEGANCE "TOP HAT AND TALES"

# New Year's Resolutions

It's New Year's Eve: Entire cities shut down for parades, millions of people drink and dance into the night. In the cold light of morning, you resolve to make the new year better by losing weight, exercising more, giving up smoking or making another health-focused change.

Why all the fuss when Jan. 1 is really just another day? And why not just set resolutions any time of year?

New Year's celebrations have been around for quite some time -- about 4,000 years -- but resolutions weren't always about losing weight or finding love. "Almost every ancient culture has some type of religious tradition or holiday that relates to the beginning of the new year," says Caleb Terry, a European history and Western civilizations teacher at Archbishop Chapelle High School in Metairie, Louisiana. Ancient New Year's resolutions involved making promises and sacrifices to gods, praying for fruitful harvests and swearing to repay debts in hopes that spiritual figures would bless people with good fortune. But how did we get from there to where we are today, when most New Year's resolutions involve self-betterment of some form, such as eating healthier, working out and reducing alcohol consumption?

Terry says that although modern New Year's resolutions are more secular than religious, the concept as a whole doesn't differ very much. "A secular promise or hope for good things in the coming year is a mostly modern iteration of very old traditions based in religious tradition," he says, so although our specific goals have changed, our desire to live better hasn't.



**COVID-19**  
CORONAVIRUS PANDEMIC

### COVID-19 Vaccines Are Coming. Here's What to Expect

Vaccines normally take decades to develop and test, but two COVID-19 shots, from Moderna and Pfizer (in partnership with BioNTech), have gone from nonexistent to about 95% effectiveness in 10 months. Public-health officials and governments now have the dual challenge of convincing the public that the vaccines are both safe and scientifically sound, as well as figuring out how to distribute billions of doses. Here's what we know so far about how that's going.

Manufacturers have already begun producing vaccines, betting that they will be effective, so they can be ready to ship if the FDA authorizes them, possibly as soon as December. Still, doses will be limited this year and will be reserved for those at highest risk of infection, such as health care workers as well as those with essential jobs, like first responders and law-enforcement personnel. As vaccine manufacturers fire up production, more people, including those with chronic health conditions, and the elderly, will be able to get immunized. Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, says it may not be until spring that most Americans can start to get vaccinated. The Food and Drug Administration must approve any vaccine. But most COVID-19 vaccine makers won't initially apply for normal approval, which typically requires six or more months of follow-up study.

Instead, they will likely ask for emergency-use authorization (EUA), which makes it possible to release new drugs and vaccines during a health emergency.

For an EUA, the FDA has said companies should monitor trial participants for two months to make sure the vaccines are safe and don't lead to serious side effects.

## ACTIVITY NEWS!!

Wishing everyone a Happy and Healthy New Year. I can't believe it's been 10 months since we first heard of COVID-19. We are so blessed that Broadway Court Estates has stayed healthy and safe. We are so close to getting the vaccine. Hopefully this will give us some "normalcy". It's been a tough year for all of us. We have sacrificed family visits, large gatherings, parties, weddings, traveling, vacations, holiday celebrations and even eating with others in our dining room. We thank our tenants, families, and staff for all their dedication and efforts to safely social distance and diligently wear a mask. A big "Thank You" goes out to our first responders, doctors, nurses, health care workers, police, and fire personnel. But most of all "Thank you" to the scientist who developed the vaccine for COVID-19. We're almost there!!! Hopefully, in just a short time we will all be vaccinated. We Got This!!! Remember to stay as active as possible. Go for a walk and get some fresh air. 2020 will be the year we will never forget. Let's look forward to 2021!

Cindy Christoferson - Activity Director



## CHRISTMAS TRADITIONS

Broadway Court Estates "The Perfect Place to Hang Your Hat". Our tenants had fun trimming our Hat Tree!!! Some of them brought their favorite, funny, pretty, silly or sport theme hats to hang on the tree. It's a yearly tradition that we always enjoy.

Our tenants decorated ginger bread houses provided by the Wishing Star Foundation. Our tenants crafted doves for a Memorial Dove Tree. This is an annual event where we preserve our memories of our loved ones who have passed.



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# Happy New Year 2021

2021 is here. Make a move this Year! Hesitant about the move? We help with up to \$500 of moving costs! We have a virtual tour that is live and rotating move-in specials that would fit any budget. If you or someone you know is interested in moving to Broadway Court Estates, please call (509) 921-0249. Don't forget our "Refer a Friend Program" where a current tenant could get \$1,000 off their rent if they refer someone and they move in for at least three months. You see savings too! It's a win-win. Call today!

Marketing



**Bob Ells  
And  
Anita Geer**

# ★HAPPY★ BIRTHDAY!

01/03 Don Curtis  
01/07 Anita Geer  
01/11 Bernice Postlewait  
01/18 Tina Stallman  
01/21 Bev Putnam  
01/24 Arlene Baldwin

## A Letter From the Sarff Family

A new year is finally here! It feels like we all need something new to look forward to. As a family, we are hopeful that 2021 will be a year in which we are all able to be together with our loved ones again. We are so close! As the medical industry continues to pursue vaccinations and new guidelines for the COVID-19 pandemic, we will remain patient and continue to provide you with as much information as we can. Our top priority is the safety and health of our community at Broadway Court Estates.

Let's remain diligent in social distancing and mask wearing, continue with sanitizing and be the best we can be.

We give thanks to our staff and community. You have done a great job in keeping everyone safe thus far. Stay tuned, we will get through this together!

