

Happenings

DECEMBER 2025



Torino Circle
Fort Collins, CO
970-490-1000

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HAPPY HOLIDAYS!

As the holiday season fills our homes with light, warmth, and familiar traditions, we want to take a moment to celebrate you—the wonderful residents who make this community feel like family. Your kindness, your stories, your laughter, and the way you look out for one another create a spirit of togetherness that shines brighter than any decoration.

During this special time of year, may your days be filled with peace, comfort, and joy. Whether you're gathering with

loved ones, reminiscing on cherished memories, or simply enjoying the quiet beauty of the season, we hope you feel surrounded by warmth and connection.

Thank you for making this community such a welcoming and uplifting place to call home. From our hearts to yours, we wish you a holiday season filled with gentle moments, good health, and hope for the year ahead.

From Andrew and all the staff at the Worthington & Columbine Patio Homes,

Happy Holidays to you and yours!





THANK YOU, RESIDENTS!

We extend our deepest gratitude to every resident who contributed to our Larimer County Food Bank collection this Thanksgiving. Because of your generosity, we were able to deliver an overflowing donation—one that will help restock their shelves and bring comfort to families throughout the holiday season.

Your kindness means more than you know. Thanks to you, families in our community will have food on their tables, warmth in their homes, and a bit more peace during a season that can be especially challenging for many. The Food Bank staff shared their sincere appreciation, emphasizing how powerful it is when neighbors come together to lift one another up.

Thank you for giving, for caring, and for making a real and compassionate impact. Your kindness doesn't just fill boxes—it fills hearts.

A special thank you as well for contributing to the employee food boxes. Your thoughtfulness was truly appreciated.

PREVENTING FALLS DURING THE WINTER MONTHS

Winter brings beautiful scenery, but it also brings a sharp rise in dangerous slips and falls for older adults. Studies show that fall-related fractures increase significantly during the colder months, especially hip, wrist, and arm injuries caused by icy sidewalks and slippery outdoor conditions. Even a small amount of snow or freezing rain can more than double the risk of outdoor falls, and these accidents often result in more serious complications for seniors, including head injuries, spinal fractures, and even hypothermia if help is delayed. Understanding these risks is the first step in keeping older adults safe, supported, and confident throughout the winter season.

Key Facts About Winter Falls in Older Adults

- Higher Fracture Rates in Cold Seasons
- A long-term cohort study of people aged 65+ found that fall-related fractures are significantly more common from October through March.
- In that study, the relative risk of fractures during the cold season for people aged 65–79 and 80+ increased significantly compared to warmer seasons.
- Specifically, arm fractures showed an even greater increase in Winter (for ages 65–79). *PubMed*

Increased Risk of Multiple Types of Fractures

Another population-based study found that, for older adults (65+), the rates of hip, wrist (distal forearm), shoulder (proximal humerus), and ankle fractures were all higher in winter compared to other seasons.

Interestingly, the study noted different patterns: while hip fracture risk increased, in some places, more snowfall was associated with a slight decrease in hip fractures (possibly because people go out less). *PubMed*

Outdoor Falls Spike During Winter

U.S. data show that fall-related emergency department (ED) visits among people 65+ are higher in winter, but this seasonal uptick is specifically true for outdoor falls, not indoor ones.

That suggests that slippery winter conditions (ice, snow) are a key factor in this increase. *PubMed*

Weather Events Strongly Linked to Fall Injuries

A Canadian study found that even modest snowfall (≥ 0.2 cm) was linked to an increase in fall-related ED visits.

After major winter weather events (like freezing rain), falls go up for several days following the event.

The same study noted outdoor falls more than doubled a few days after freezing rain, compared to non-alert days. *Canadian Public Health*

Serious Complications from Winter Falls

Older adults who fall in icy or snowy conditions often have more severe injuries, such as hip fractures, wrist fractures, head injuries, and even spinal injuries.

According to Mayo Clinic doctors, spinal fractures from a simple slip can happen in older people because their spines are less flexible, and they may also bleed more easily in the brain due to fragile blood vessels.

There's also a risk of hypothermia after a fall, especially if someone is injured and can't get up or call for help quickly. *Mayo Clinic*

Population & Age Differences in Risk

In one U.S. study, men aged 65–74 had a particularly strong seasonal pattern: more outdoor fall-related ED visits in winter, compared to other seasons.

In another study of hip-fracture patients (2012–2021), male patients had more outdoor falls during winter, especially during snowy or cloudy weather.

On the other hand, the same hip-fracture study showed many falls happen indoors, regardless of season, especially for those with limited mobility or other health issues — meaning fall prevention must tackle both indoor and outdoor risk. *PubMed*

Magnitude of Weather-Related Fall Injuries

According to CDC-data based research, among outdoor fall injuries, about 34% of visits in winter are weather-related (i.e., due to slips or trips on ice/snow), compared to much lower percentages in other seasons.

In that same study, of the weather-related falls, ~97% were because of ice or snow (not rain) when looking at outdoor fall injuries. *CDC*

Behavioral and Physical Risk Factors

Cold weather can make joints stiffer and reduce dexterity, which affects balance and coordination. *National Church Residences*

For older adults using assistive devices (canes, walkers), icy surfaces can make them less effective or more dangerous. *Canadian Public Health*

Reduced foot sensation (e.g., from diabetes, poor circulation) can also diminish balance, making icy ground riskier. *Weston EMS*





Why These Facts Matter

Prevention Is Critical: Because fractures (especially hip and arm) spike in winter, fall prevention efforts should be especially strong during these months — for example, clearing sidewalks, using traction devices, and educating about safe walking.

Outdoor Risk Needs Focus: Many falls in winter are outdoors and tied to weather, so community planning (like de-icing, plowing) is part of fall prevention.

High Stakes for Injury: Falls aren't just bruises — for older adults, they often lead to serious injuries that can affect mobility, independence, and long-term health.

Behavioral & Environmental Interventions Are Key: Changes like safer footwear, mobility aids suited for ice, and helping older adults limit risky outdoor activity during freezing conditions can save lives.

Emergency Preparedness Matters: Because of hypothermia risk, a fall in winter may become more dangerous if help is delayed.

WHAT'S GOIN' ON?

TOYS FOR TOTS HOLIDAY DRIVE

Help us share the wonder and joy of the season with a child in need. For the first three weeks of December, we'll be collecting new, unwrapped toys to support the Toys for Tots program—an initiative proudly run by the United States Marine Corps Reserve.

Since its founding in 1947, Toys for Tots has brightened the holidays for millions of children, distributing more than 600 million toys over the past 76 years.

We invite you to open your heart this holiday season and contribute a gift that can make a world of difference. A collection bin will be available in the Worthington lobby for your donations.

Thank you for helping keep the spirit of giving alive.

HOLIDAY PARTY!

On Saturday, December 6th, from 2pm to 4pm in the afternoon, friends and neighbors who live on Torino Circle will have a chance to gather for a festive party in The Worthington dining room.

Because there is a charge for room rental (with set-up and clean-up), the organizing committee has opted for a different approach this year. **A \$10 contribution per person** will cover the fee and provide for appetizers and desserts—so all you need to do is come and enjoy the patio home gathering! A Christmas carol sing-along will get you into the spirit of the season.

ROLLERS & STROLLERS

Join the patio home residents every Wednesday at 10am as they “Roll ‘n Stroll” around the circle. A great way to get some fresh air and connect with your neighbors. The weather is nice, come out and get some exercise with friends!

NEW! INTRODUCING READERS THEATRE! – YOU ARE INVITED!

By popular request, we're excited to launch a brand-new activity this month: Readers Theatre — a fun and engaging way to spark creativity, connect with others, and bring stories to life!

Readers Theatre offers a variety of benefits for older adults, including cognitive stimulation, enhanced communication skills, emotional expression, and meaningful social interaction — all in a relaxed, enjoyable setting. No memorization is required, and everything you need is provided — including scripts, skits, and reading prompts.

Join us every Wednesday morning at 10:00am in the Worthington Activity Room and discover the joy of performing without pressure. Whether you're a seasoned storyteller or just curious, come see what it's all about!

TORINO CIRCLE DISCUSSION GROUP

There will be no Discussion Group Meeting this month. See you in 2026!

DISCOVER “LIFESCAPES AND ANTHROSCOPES” — PART 12 OF KEVIN'S NATURE SERIES

Join Kevin on Thursday, December 11th, at 10:00am in the Worthington Activity Room for the 12th installment of his always-popular nature series! This year's theme, “Colography: The Nitty-Gritty Colorado,” offers a fun and fascinating blend of Colorado's natural history and human impact on the landscape.

This installment is entitled “This Place Colorado.” As he states, “An abstractly defined geographic place, Colorado offers a surprising diversity of landscapes, lifescapes, and waterscapes. Each scape sustains its own interwoven communities of plants and animals so each community bears identity of its own. Together, they define the character of the place we call home.”

This unique and thought-provoking presentation is perfect for anyone curious about how nature and humanity shape each other across the Centennial State.

Don't miss it!

Sign-up required! Call 970-490-1000

TORINO CIRCLE LUNCH BUNCH

In lieu of our lunch group this month, we will gather for our Annual Holiday Party **on Saturday, December 6th from 2pm – 4pm in the Worthington Dining Room.** See you there!

THE TORINO CIRCLE WOMEN'S BOOK CLUB

Save, Monday December 15, 2025 for our Holiday Brunch! We will be meeting at 10:00am, at The Winslow Independent Living community, 909 Centre Ave., Fort Collins for a delicious brunch, followed by a tour of the facility.

We will be ordering from the menu and there will be some gluten-free options. **There will be a \$13.00 per person cost** that is to be paid at the time of the brunch.

Kiki Sorensen has graciously made all the arrangements. **She will need your RSVP no later than the evening of December 10, 2025. You can call her at (308-631-1050) or e-mail her at kikimarysorensen@gmail.com.**

Also, be thinking about the books we might read next year and making your list. January will find us meeting to select our reads.

Barbara Hagen and Carol Herbert, Co-Organizers

If you are new to our community or would like to join our group, but haven't read the book, join us anyway. We'd enjoy having you there.

Any questions about joining, or anything else about the group, **please contact Barbara Hagen at (970) 219-9600 or e-mail her at bhagen6NT@gmail.com**

TORINO CIRCLE GENTLEMEN'S BOOK CLUB

MORE THAN A BOOK CLUB – A TIME TO CONNECT

Calling all gentlemen of Torino Circle! You're invited to join a new monthly gathering that's not just about reading—it's about sharing, connecting, and enjoying great conversation with fellow neighbors.

Reading the book is optional—your life experience, thoughts, and stories are what truly make the group special. Whether you've read every chapter or just come for the coffee and camaraderie, you'll be warmly welcomed.

Next Meeting:

Monday, December 15th, 2025

Time: 11:30am

Location: The Moot House

Book: No Book! Join us for a Holiday Luncheon

Book for January 19th Meeting:

Breakneck: China's Quest to Engineer the Future

Written By: Dan Wang

Questions? Contact Bob Clark at (970) 420-0318

We look forward to seeing you there—bring your thoughts, your stories, and a smile!



FREE GIFT-WRAPPING SERVICES

This year we have a special service that can help you get Xmas on track. Come down and meet the wonderful volunteers, Michelle Shaub and her daughter, they will be on hand to wrap presents for you! They have donated their time and have donated the supplies to help with your Christmas gift giving needs. They have everything on hand to wrap your gifts with beautiful wrappings all for FREE! **The service will be held on Tuesday, December 16th from 2 – 4pm in the lobby.**

GUEST SPEAKER EVENT:
ONCE UPON A YEAR WITH
JIM WILLARD

Thursday, December 18th, at 11:00 AM
We’re excited to welcome back Jim Willard for his popular series, Once Upon a Year! **Join us on Thursday, December 18th, at 11:00am** for a nostalgic journey through time.

In this engaging program, Jim will take us on a trip down memory lane—exploring notable moments from years past, including highlights in world events, politics, pop culture, music, and entertainment. It’s a fascinating and fun look at the decades that shaped our lives.

This event fills up fast, so sign-ups are required!

Reserve your spot today by calling 970-490-1000.

Don’t miss out on this entertaining and enlightening stroll through history!

CHRISTMAS SERVICE WITH REBECCA

Join us on Tuesday, December 23rd at 11:00am in the Worthington Town Hall as Rebecca leads a heartfelt and uplifting Christmas Service. This gathering is non-denominational and warmly welcomes residents of all faiths, backgrounds, and traditions to share in the spirit of the season.

Together, we’ll enjoy a peaceful time of reflection, music, and connection—an opportunity to step away from the holiday rush and embrace the deeper meaning of this special time of year. Whether you are seeking comfort, inspiration, or simply a quiet moment of togetherness, you are invited with open arms.

Let this beautiful celebration help you begin your holiday with renewed hope, warmth, and community.



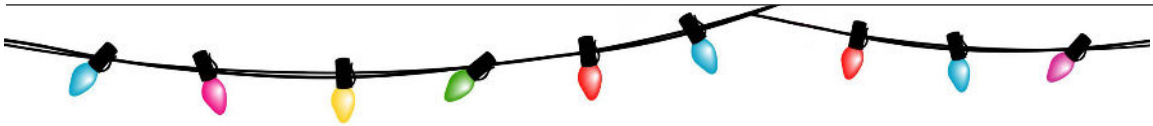
TORINO SHARING LIBRARY

The current library stewards are Dan and Kathy Wendland (#827). **You can reach them at 970-377-1235 if you have questions or concerns.** Bob Clark (#863) has provided our magazine sharing rack at the library. Thank you to all who donate books and magazines to keep our selection interesting and diverse!



REMINDER: POTTED PLANTS AND PLANTERS

Please remember that during the Winter months, all pots and planters must be stored in your garages to ensure safe and efficient snow removal. Please do not dump soil into the Buffer Zone or drainage canals.



HOLIDAY DECORATIONS

We warmly encourage you to decorate your Patio Homes and yards to help bring holiday cheer to the community!

We simply ask that you use non-invasive methods when hanging lights or decorations. Please avoid nailing into buildings, outer walls, or siding, as this can cause damage. Thank you for helping us keep our homes festive and well-maintained!

IMPORTANT MAINTENANCE & LANDSCAPING REMINDER:

To ensure your maintenance needs are handled efficiently, **please remember to always call the Worthington Front Desk at (970) 490-1000 to place a work or landscaping order—especially during evenings, weekends, or after hours.**

A few helpful tips:

- Our maintenance team follows a scheduled list using an app called **Limble** and may not have time to take on additional requests during a visit.
- For the best service, **please avoid adding extra tasks in person** while they are working in or around your unit.
- To keep everything organized, we kindly ask that you **do not email or text work orders to the Administrator**, particularly outside of business hours.

Reminder: Maintenance is available on-call for emergent needs on weekends and after hours. Some examples of a maintenance emergency include Air conditioning or heat not working, no hot water, water leaks or flooding, and egress-related issues. **Note:** If your smoke detector is alarming and saying “fire” or “carbon monoxide”, please contact 911, do not contact the front desk.

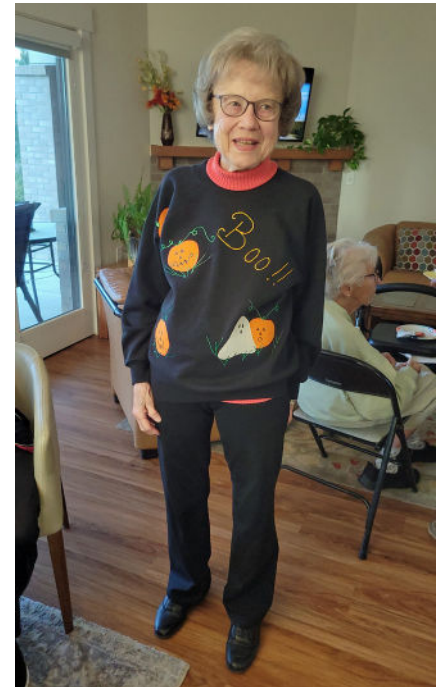
*Thank you for helping us serve you better
by following these simple guidelines!*



Victoria & Mary Ellen dressed for the occasion!

Katie, the gracious host of the Halloween Party.

Bev looking festive!



Till & Barb enjoying themselves!



Nancy & Wes LOVE a good Halloween party!



Giving Tree Donations.



Food Bank donations.