

THE VILLAGE VOICE

Rocky Mountain Village Estates • October 2020

Meet Cindi Sherman

As a hospice nurse, Cindi Sherman has seen “some amazing things happen.” Actually, it was observations during her mother’s dying process that inspired her to go back to school in her early 50s to take up nursing and specialize in hospice care.

Companies were outsourcing for information technology jobs back then and offered Cindi a “golden parachute” to encourage her to retire from her job as a systems analyst for an insurance company in Illinois where she’d been living. That coincided with her mother’s passing and the inspirational experience that caused her to sit up and decide “I needed to do something in my life that made a difference.” The money from the golden parachute financed her education.

“We don’t talk about death in our culture,” Cindi comments, expressing what she knows well from her job — that people would benefit from more discussion. “Most patients who come with us, they’re ready; oftentimes the families aren’t.”

“From what we can see, people are going to a wonderful place” [when they die], she says. “It looks like a nice thing.” It’s common, she adds, for dying patients to see visions of loved ones who have died before them, coming to escort them across the threshold. Oftentimes the dying patient can be seen reaching an arm upward as if to take the hand of someone extending a helping hand. “It can be a very spiritual time.” Hospice workers can be comforting to both patients and family members in understanding what’s happening along the way.

She’s seen a lot in the past 10 years working in that capacity in addition to being with her mother and father in their final weeks.

For the past four years Cindi has been employed by Porter (Centura) Hospice at St. Anthony’s, she says, explaining that the name of the hospice is in the process

of change. “The nuns affiliated with St. Anthony’s work with the Adventists” [affiliated with Porter Hospital] at St. Anthony’s. She visits patients in their homes, in hospitals, and in other facilities. She’s also able to admit patients into a Centura facility such as St. Anthony’s.

Speaking of dying, Cindi says, “This isn’t the end — it’s just one phase we go through. It’s so interesting.”

In addition to being a healthcare professional, Cindi also knows what it’s like to be a very sick patient. She herself experienced COVID-19 early on (in March of this year) followed by a month of dealing with pneumonia. “It was 2 ½ months from start to finish.” She only went to the Emergency Room to be diagnosed and was not hospitalized.

As a nurse, she was keenly aware of the need to self-quarantine and take strict precautions not to endanger others. Others brought her food, and she only exited the building by going out the back way when she could be sure no one else would be around. Medical personnel called her frequently to check on her health.

She lost a considerable amount of weight. “You lose your appetite because of the loss of sense of smell and taste.”

“Colorado is doing very well,” Cindi says. “Our cases are down from what I can see going into the hospitals.”

Before COVID Cindi had been going to the Rec Center to swim. Now she’s back to hiking (with her grandkids). She enjoys home improvement projects — mundane things like changing faucets, painting, and rearranging furniture. She also does a lot of reading and research on medical topics. “When I was younger, I wanted to be a doctor,” but marriage and raising children demanded her attention.

Cindi has two adult children — a son in Wisconsin and a daughter here in Evergreen, explaining in part her decision to live at Rocky Mountain Village. Cindi grew up in northern Illinois about 50 miles west of Chicago — a place



Continued on back side.

“Character is shown by how you treat others who can do nothing for you.”

- Sylvia Pencak

Memo from the Manager

Winter and snowy, icy weather may be approaching. We will do our best to keep the sidewalks and drives safe for you. Please exercise good judgment about when and where you walk and/or drive to avoid having an accident.

Reminder that each of you is responsible for getting yourself into your unit. Giving you access to your unit after you have lost or misplaced the key is not the role of the manager, your neighbor or the RMVE Association. Please see that you have a lock box with a code you can remember or you leave a key with a willing neighbor or you hide an extra somewhere. Please do not call me or a Board member to let you in if you lock yourself out. I don't mind helping you if I'm here, but I won't be coming from my home after office hours or on the weekends to let you in, and this is also outside the realm of a Board member's duties. Instead you should call a family member or a local locksmith. Thank you for paying attention to this reminder.

RMVE IS AN INDEPENDENT LIVING CONDOMINIUM.

Reminder that trash does not belong in the recycle bins. Please read on the top of the cans for items acceptable to deposit in those cans. They should not be filled to overflowing and neither should the dumpsters be. All the RMVE owners will be charged extra by Waste Management if the containers overflow.

So...now that is all out there for you to think about — how about something fun? The fall leaves are beautiful right now. You don't have to drive anywhere — just look out your windows or take a walk around the property. The new path around the back of the property has been smoothed and is walkable (by folks who can walk with no assistance) thanks to Sam Meyers and some other local boy scouts and to Walt Weiss, your Board Secretary, for coming up with the idea. Folks are enjoying it so far. The path will not be maintained by staff as far as removing snow and the like, so enjoy it before it gets covered up.

-- Kathy

Cindi Sherman continued

called Crystal Lake — where she lived most of her life. “I was outside all the time,” she says remembering the small lake and the forests that existed before development came along.

“We had a network like a highway system through the trees ... we even named the different areas. There were cornfields and streams that ran through ... and a big rock we named Dinosaur Rock ... back in the day before all of the fear about kids being outside by themselves.”

Working full time has kept Cindi from getting well acquainted in the past year since she moved into Genesee, and it's kept her from getting very involved with goings on at Rocky Mountain Village. But she expresses appreciation for those who work and volunteer here and looks forward to participating more as we are able to do more post-COVID.

Profile and photos by Linda Kirkpatrick.



If you missed the Board Meeting on ZOOM....

Our numbers of those attending the board meetings on ZOOM are increasing, but someone suggested we provide a few highlights of board business in the newsletter...

- Eagle Scout project approved -- Samuel Meyers of Troop 1776 completed carving a walking trail from behind Genesee along the north boundary to the west end of our property. Five parents and eight scouts assisted in the project over two days. (see photo above)
- Discussion of proposed Genesee lights, carpeting, tile installation in lobby.
- Exploration of purchasing our own truck and snow plow to do our own plowing.
- Discussion of resident safety issues using exercise rooms and workshop during COVID.
- Updates on conveyance agreement with Church and Center for the Arts — the vote was 110 in favor, 0 opposed.
- Discussion on evacuation of buildings in case of fires.
- Lot 2B access granted at the westerly end of property line; this is for the purpose of assessing owner of 2B for shared costs of driveway. This could change if developed.
- For guidance on posting political signage on elections, please refer to rules on website.
- YTD operating budget over by 4.8 percent.
- Gutter repair bid accepted.
- Backflow device inspected; may need replacement next year.
- RMVE board sending letter to County Commissioners in support of Evergreen Local Improvement District's proposal that includes crosswalk at Rocky Village Drive and Hwy 65.
- Pat Eskew and Linda Kirkpatrick will work on surveying residents regarding Comcast services to help the board evaluate whether or not to add Internet services to our basic cable services when we sign a new 5-year contract.
- Reminder that there will be two board positions expiring. President Ron Pieffer will not run for re-election; Pat Eskew plans to run again. Time to consider running!
- Bylaws being revised to permit ZOOM meetings.