



Honoring Our Veterans

We're honoring Renaissance Village Murrieta residents who served in the military with a Veterans Day Celebration on November 9 at 2:30 p.m. The ceremony is hosted in collaboration with the Riverside Honor Guard and Elizabeth Hospice. We will also have live entertainment on site. Please RSVP by visiting the concierge or calling (951) 319-8243.



Join Us for Our Thanksgiving Feast

You are invited November 18 at 4:00 p.m. to our Thanksgiving Dinner. We will have all the delicious, traditional Thanksgiving fixings to celebrate this occasion. Guest tickets are \$15 per person. Please RSVP by visiting the concierge or calling (951) 319-8243.

Executive Director's Corner

Dear Residents, Family and Friends:

I'd like to introduce myself, I'm Terri Alcantara, your new Executive Director. I started my senior living care path seven years ago as a social worker in skilled nursing. I also became a certified Activity Director. I made the transition to assisted living in 2016 and I love it. I graduated from



University of California, Riverside with a degree in Women's Studies. I am married and have a supportive family. I also have two young daughters. I am so happy to be a part of the Renaissance Village Family and look forward to getting to know each of you.

We're excited to share that our Memory Care Villas are now open, and I have the pleasure of also introducing our new Memory Care Director, Cristina Sahov. She is a Licensed Vocational Nurse and has over 10 years in the senior living industry, working with both Memory Care and Assisted Living.

We've got exciting events this month. Please join us November 9 at 2:30 p.m. as we honor residents who served in the military with a Veterans Day Celebration. This is hosted in collaboration with the Riverside Honor Guard and Elizabeth Hospice.

Come celebrate with your loved one at the Thanksgiving Dinner on November 18 at 4 p.m. We'll have a delicious feast of Thanksgiving favorites! Guest tickets are \$15 per person. We hope to see you there!

Happy November and have a great month!

Terri Alcantara, Executive Director

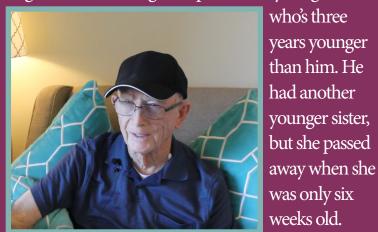
Resident Spotlight: Peter S.

had another

weeks old.

younger sister,

Peter S. was born in Elizabeth, New Jersey on August 12, 1932. He grew up with one younger sister,

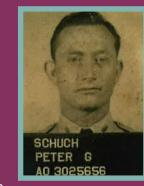


Peter during his Resident Spotlight Interview. He enjoyed playing sports as a kid and was on a baseball team where he took all county third baseman.

When he graduated high school, he and his buddies enlisted in the United States Air Force, instead of waiting to be drafted. Peter was one of 250 men in the Aviation Cadet Program. At the time of his involvement, the program was set up to help the Air Force better the academy. The cadets weren't meant to graduate, but rather help find faults and fix the curriculum for future cadets.

Peter had a strong desire to be a pilot, but later became a Radar Navigator. He got his commission as 2nd Lieutenant in the Air Force, and received his wings and board. He was preparing to go to Korea,

but in the last 6 weeks of his training he washed out. Instead of going through pilot training again, he opted to go home. He was in the Air Force for a total of 21 weeks, and he considers himself lucky to have gotten out when he did as some didn't have the same opportunity.



Peter's Air Force Portrait.

When Peter returned home he went to work. He worked Burry's Biscuits, a cookie factory based in Elizabeth, NJ. He later worked at a machine shop that his brother-in-law owned. Peter was a tool and

die maker, and he ran the layout and supervision of the die makers until he retired after 44 years.

He met his wife, Josephine, through his cousin when the two went on a double date with her and her sister. They went on outings together, and later married. Josephine was a great match for Peter. They

got along great and he enjoyed their relationship. He shared that he does a lot more listening and isn't the most personable at



times. She never complained, and she was always there for him when he needed her.

They lived in a six-room house with his brotherin-law until they bought their own home in South Plainfield, NJ. Peter and Josephine have four children, two boys, Stephen and Peter, and two girls, Ellen and Debbie. Peter feels they did a good job raising their kids because they all turned out good and had no trouble getting through school. After they graduated, they all went their ways and are doing well for themselves.

In addition to his children, Peter also has eight grandchildren and two great-grandchildren. When the grandchildren started being born, they realized they needed to be closer if they wanted to watch them grow up. So, Peter and Josephine made the move out to California.

Peter's wife, Josephine passed away five years ago from Parkinson's Disease, something that Peter himself also faces.

During his time at Renaissance Village thus far, Peter truly enjoys the people. He's happy to have people looking out for him and the transition was a lot easier than he thought it would be. His new life is picking up and it's getting better and easier for him.



Glenna loves interacting and spending time with our residents.

Employee of the Month: Glenna Thomas

Need a ride to an appointment? Our Driver, Glenna Thomas has you covered. This kind-hearted woman, shares a sweet spirit with residents and has a wealth of experience in the senior care industry.

Glenna was born a twin, in Columbus, Ohio. She and her brother Glen grew up in what they viewed as the big city. Both her parents were involved in World War II, and her mother worked as an Army Nurse. Glenna's mother held various positions as a Registered Nurse, Public Health Nurse, Director of Nursing, and many other positions.

While she grew up, she was heavily involved in geriatrics, as her mother also owned a Skilled Nursing Facility. She attended Vocational Nursing School in Springfield, OH to become an LVN, which is one of the best pieces of advice she took from her mom. This license allowed her to make a career in geriatrics.

Her brother, Glen went off to go and fight in the Vietnam War after high school, and made it back without a scratch. Unfortunately, he later died in an accident and left behind an infant daughter named Kisha. As a result, Glenna became close to his daughter and her mother. In fact, Kisha, is much like the daughter she never had.

Glenna has two sons of her own, Richard and Shayne. They've since grown and she now fondly calls them her men sons. She currently lives with her son, Shayne and his 13 year old daughter, Cheyanne.

When her parents retired, they moved to California and she quickly followed. She worked for an acute family hospital and home health nursing programs.

She also worked with Adult Day Health Care as their Staff Development Director. She loved her work, and the position was a fantastic opportunity for an LVN. She also got her Nurse Educator Certificate from a University of California San Diego extension.

Glenna took a position with Head Start, an early child development program. She worked there for 23 years before retiring and worked with a multidisciplinary team of registered dietitians, child psychologists, and social workers.

Two years later she applied at Renaissance Villages and as she's worked here, she's gotten more involved in activities. Her favorite part of working here is getting to interact with residents. She shares they each have such rich histories and wonderful things to share.

When she's not working she enjoys getting to travel by cruise line. The last cruise she went on was in 2015 and she went to Alaska. Her favorite cruise she went on was a voyage to the Mediterranean.

Glenna, we appreciate your kindness and desire to offer a helping hand to residents. Thank you for all you do. Congratulations on Employee of the Month.

ARE YOU READY



GREAT DAYS AWAIT!









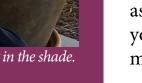
Peter & Marjan dancing at the Hoedown. Residents enjoy wine and entertainment with Darryl at Happy Hour.

Pat is all smiles at Happy Hour!





Dorothy, Ethel and Skipper enjoying the warm weather we've been having in the shade.



How to Combat the Flu!

Flu season is upon us, and it's important to shed light on what you need to know about this time. As we age, our immune systems become weaker. This puts seniors 65 and older at a considerable risk for experiencing worsening of other chronic conditions.

One of the most recommended ways of preventing the flu is to get your flu shot. Many may believe that you can catch the flu from the flu shot. However, this is a common misconception because the vaccine contains a killed virus, which enables the immune system to make antibodies to help fight the disease.

There's also a higher dose vaccine available for adults 65 and older. This higher dosage helps give seniors better protection and immune response to combating the flu.

The following suggestions also help in preventing the flu.

Keep Healthy Habits: Be sure to properly wash your hands, this means before eating food, before and after caring for someone who is sick or treating a wound, after blowing your nose or coughing, after handling garbage to name a few. Proper hand washing recommends wetting your hands and lathering with soap to your palms, between your fingers, the backs of your hands, and under your nails. Then scrub your hands for a minimum of 20 seconds, twice through. Rinse well and then dry them with a clean towel or hand dryer.

Don't Touch Your Face: Touching your nose, eyes or mouth can increase your risk of illness because it spreads germs into the mucus membranes and respiratory system.

Steer Clear of Crowds: Crowded places, as well as poorly ventilated places can expose you to the flu virus and allow it to spread more easily during peak flu season.



Higher dose flu vaccines are available for adults 65 and older.

Grab an Orange: Your body needs vitamin C daily, not just when you're sick. Although supplements can be great, you should get your vitamin C from nutrients in the food you eat. Dark leafy greens, tomatoes broccoli and berries are just a few of the fruits and vegetables high in vitamin C.

Stay Active: Exercising for at least 30 minutes, three times a week is the recommended amount of exercise. However, did you know exercise also aids in warding off the flu?

Get Enough Sleep: When the body is sleep deprived it can make you susceptible to falling victim to the flu virus and other illnesses. By getting enough sleep each night, your body gets the time it needs to recuperate and fight off illness.

Additionally, the flu is contagious and can spread quickly through coughing, sneezing, or touching common surfaces.

You may have the flu if you experience these symptoms: aches and pains, sore throat, cough, headache, fever, fatigue and runny or stuffy nose. Seniors may also include stomach symptoms such as nausea, vomiting and diarrhea. The flu can worsen and lead to dehydration, pneumonia or worsen other chronic conditions including emphysema, heart disease and asthma. The flu lasts 3 days to two weeks, if symptoms last longer or worsen, consult with your doctor immediately.

ACTIVITY TYPE

Outings
Discussions
Afternoon
Socials
Manager
Activities
Meetings

LOCATION

AR
Activity Room
AB
Americana Bar
B
Bistro
L
Library
DR
Dining Room
TH
Theater



11/1
Forman F.
11/9
William D.
11/30
Marilyn M.



SUNDAY TUESDAY WEDNESDAY FRIDAY SATURDAY MONDAY THURSDAY 10:00 Walking Club 9:30 Walking with 10:00 Walking Club 10:00 Walk About 10:30 Exercise: Pool with Glenna 10:30 Bocce Ball, AR Care Staff 10:30 Exercise with Noodles, AR 11:00 Trivia, AR Vovember Glenna, AR 10:00 Crossword Puzzles 11:00 Trivia 1:30 Geri-Fit, AR 11:00 Trivia, AR 1:00 Shopping: Big Lots 1:30 Dean Martin Show, TH 2:30 Afternoon Social: 1:30 Bible Study with 1:30 Bingo, AR Pastor Roger, AR **Snacks & Refreshments** 2:30 Afternoon Social: 2:30 Happy Hour: Wine 8 2:30 Food Show with 3:00 Activity Forum, AR Live Music, AR **Snacks & Refreshments Olivier, AR** 3:30 Piano with Dorothy, L 6:30 Movie: Stars 6:30 Movie: Comedy, TH 6:30 Movie: Documentary, TH 6:30 Movie: Comedy, TH Please Note: All Activities are subject to change due to unforseen circumstances. Biography, TH 10:00 Walking Club 9:30 Walking with 9 10:30 Exercise: Stretch Bands, AR 10:30 Exercise: 10:30 Balance Exercises 10:30 Exercise: Care Staff 10:30 Bocce Ball, AR 10:30 Exercise Cardio Mix, AR 11:00 Interesting Facts, AR Yoga, AR 11:30 VETERANS DAY BBQ 11:00 Picture Word 11:00 Trivia, AR 11:00 Mind Twisters, AR with Glenna, AR Puzzles, AR 1:30 Spiritual Class with Rosalie Campbell 11:00 Mind Benders 1:30 Bingo. AR 1:00 Unscramble Words 1:00 Shopping: Burlington 1:30 Geri-Fit, AR 11:00 Trivia, AR 2:30 Afternoon Social: 1:00 Shopping: Walgreens 1:30 Bible Study with 1:30 Dean Martin Show, TH **Snacks & Refreshments** 1:30 Bingo, AR 2:30 Afternoon Social: Snacks & Refreshments 3:00 Craft with Kimi, AR 2:30 Afternoon Social: 1:30 Bingo, AR Pastor Dan, AR 2:00 Bingo with Care Staff, AR 2:30: Piano with Dorothy, L 3:00 Sunday Service 2:30 Afternoon Social: 2:30 Happy Hour: Wine & **Snacks & Refreshments** 2:30 Afternoon Social: 2:30 VETERANS DAY with FBC Church **Snacks & Refreshments** 3:30 Piano with Dorothy, L 6:30 Movie Night: Romance, TH 3:00 Food Committee, AR **Live Music, AR Snacks & Refreshments** 6:30 Sunday Night Movie: **CELEBRATION** 3:30 Piano with Dorothy, L 6:30 Movie: Action, TH 6:30 Movie: Comedy, TH Faith/Spiritual, TH 6:30 Movie: Comedy, TH 6:30 Movie: Documentary, TH 6:30 Movie & Popcorn, TH 10:00 Walking Club 13 10:00 Walking Club 9:30 Walking with 10:30 Exercise: Pool 16 10:00 Walker & 10:30 Stretching 10:30 Exercise: Care Staff 10:30 Exercise Stretch Bands, AR Wheelchair Adjustments, AR Exercises, AR Cardio Mix Noodles, AR 10:00 Aroma Therapy with 11:00 Picture Word with Glenna, AR 10:30 Bocce Ball, AR 11:00 Interesting Facts, AR Puzzles, AR 11:30 Director's Lunch 11:00 Word Search Essential Oils with Kendra, AR 11:00 Trivia, AR 11:00 Trivia, AR 1:30 Spiritual Class with Rosalie Campbell 1:30 Bingo. AR 1:30 Bible Study with 1:00 Shopping: Sprouts 10:30 Crossword Puzzles 1:00 Outing: Public Library 1:30 Bible Study with 2:30 Afternoon Social: **Pastor Dan Farmers Market** 1:30 Dean Martin Show, TH 2:30 Afternoon Social: 1:30 Geri-Fit, AR **Snacks & Refreshments Pastor Roger, AR** 2:30 Afternoon Social: **Snacks & Refreshments** 1:30 Bingo, AR 2:00 Bingo with Care Staff 2:30 Afternoon Social: 3:00 Sunday Service 3:00 Craft with Kimi, AR 3:30 Piano with Dorothy, I 6:30 Movie Night: 2:30 Happy Hour: Wine **Snacks & Refreshments** 2:30 Afternoon Social: **Snacks & Refreshments** 2:30 Food Show with with Gatway Church, AR & Live Music, AR 3:30 Piano with Dorothy, L 3:30 Piano with Dorothy, L 6:30 Sunday Night Movie: Olivier, AR **Snacks & Refreshments** 6:30 Movie: Documentary, TH Faith/Spiritual, TH 6:30 Movie: Action, TH Romance, TH 6:30 Movie: Comedy, TH 6:30 Movie & Popcorn, TH 4:00 Thanksgiving Dinner 10:00 Walking Club 20 Happy Thanksgiving! 10:00 Walking Club 23 10:00 Walking Club 10:00 Walking Club 10:00 Walking Club 10:30 Bocce Ball, AR 22 10:00 Walking Club 9:30 Walking with 25 10:30 Balance Exercises 19 10:30 Exercise: Stretch Bands, AR 11:00 Picture Word 10:30 Exercise: 10:30 Exercise Care Staff Cardio Mix, AR 11:00 Interesting Facts, AR 10:00 Karaoke with Kathy 11:00 Trivia, AR with Glenna, AR 11:00 Lunch Outing: 10:30 Unscramble Words 1:30 Bingo. AR Puzzles, AR 1:30 Bingo, AR **Golden Corral** 1:30 Spiritual Class with Rosalie Campbell 1:30 Geri-Fit, AR 11:00 Trivia, AR 1:30 Dean Martin Show, TH 2:30 Afternoon Social: 2:30 Afternoon Social: 1:30 Bible Study with **Snacks & Refreshments** 2:30 Afternoon Social: Snacks & Refreshments 3:00 Craft with Kimi, AR 2:30 Afternoon Social: 1:30 Bingo, AR 2:00 Bingo with Care Staff, AR **Pastor Dan, AR Snacks & Refreshments** 3:00 Sunday Service with 2:30 Afternoon Social: 2:30 Happy Hour: Wine & 2:30 Afternoon Social: **Snacks & Refreshments** 4:00 Special Thanksgiving **FBC Church Snacks & Refreshments** 3:30 Piano with Dorothy, I 6:30 Movie Night: Romance, TH Dinner 3:30 Piano with Dorothy, L **Live Music, AR Snacks & Refreshments** 3:30 Piano with Dorothy, L 6:30 Sunday Night Movie: 6:30 Movie: Comedy, TH Faith/Spiritual, TH 6:30 Movie: Action, TH 6:30 Movie: Documentary, TH 6:30 Movie & Popcorn, TH 6:30 Movie: Comedy, TH 10:00 Walking Club What are you thankful for? 10:00 Walking Club 10:30 Exercise: 27 10:00 Walking Club 10:00 Walking Club 10:30 Bocce Ball, AR $\,29$ 10:00 Karaoke 30 10:30 Exercise: with Kathy Stretch Bands, AR Exercises, AR Cardio Mix, AR 11:00 Trivia, AR 11:00 Picture Word 11:00 Interesting Facts, AR 1:00 Shopping: Baron's Puzzles, AR 1:30 Spiritual Class with Rosalie Campbell 1:30 Bible Study with 1:00 Outing: Movie Theater 1:30 Bingo. AR Pastor Dan, AR Market 1:30 Geri-Fit, AR 2:30 Afternoon Social: 2:30 Afternoon Social: 2:30 Afternoon Social: 1:30 Bingo, AR 2:30 Afternoon Social: Snacks & Refreshments **Snacks & Refreshments Snacks & Refreshments Snacks & Refreshments** 3:00 Sunday Service 2:30 Afternoon Social: 3:00 Craft with Kimi, AR 3:30 Piano with Dorothy, L 6:30 Movie Night: Romance, TH 6:00 Hospice & Pallative 3:00 Resident Counsel with Gatway Church, AR **Snacks & Refreshments Care Seminar** 6:30 Sunday Night Movie: Faith/Spiritual, TH Meeting, AR 6:30 Movie: Action, TH 6:30 Movie: Documentary, TH 6:30 Movie: Comedy, TH



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CONGRATS TO JOE & EILEEN!
REFER A RESIDENT & GET REWARDED!
ASK ABOUT OUR REFERRAL PROGRAM!

SAVE THE DATE!



Veterans Day Celebration November 9 at 2:30 p.m.

Thanksgiving Dinner November 18 at 4:00 p.m.

Call (951) 319-8243 to learn more.

OUR TEAM

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