

# Renaissance Lifestyle

NOVEMBER 2017



## 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.

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.*

who's three years younger than him. He had another younger sister, but she passed away when she was only six weeks old.

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.



*Josephine and Peter's 50th Anniversary.*

They lived in a six-room house with his brother-in-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 TO GUESS WHO?:

*The first 2 residents to correctly guess the staff in this photo will receive 2 guest meal tickets! Visit concierge to submit your guess.*



# GREAT DAYS AWAIT!



Residents enjoying our Country Hoedown.



These sweet ladies put together some beautiful patriotic centerpieces.



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
<p><b>Outings</b>  <b>Discussions</b>  <b>Afternoon Socials</b>  <b>Manager Activities</b>  <b>Meetings</b></p>

LOCATION
<p>AR  <b>Activity Room</b>  AB  <b>Americana Bar</b>  B  <b>Bistro</b>  L  <b>Library</b>  DR  <b>Dining Room</b>  TH  <b>Theater</b></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>November </h1> <p><i>Please Note: All Activities are subject to change due to unforeseen circumstances.</i></p>						
10:00 Walking Club 5 10:30 Balance Exercises 11:00 Interesting Facts, AR 1:30 Bingo, AR <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> <b>3:00 Sunday Service with FBC Church</b> 6:30 Sunday Night Movie: Faith/Spiritual, TH	10:00 Walking Club 6 10:30 Exercise: Stretch Bands, AR 11:00 Picture Word Puzzles, AR <b>1:30 Spiritual Class with Rosalie Campbell</b> <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> 3:00 Craft with Kimi, AR 3:30 Piano with Dorothy, L 6:30 Movie Night: Romance, TH	10:00 Walking Club 7 10:30 Exercise: Cardio Mix, AR 11:00 Mind Twisters, AR <b>1:00 Shopping: Burlington</b> <b>1:30 Bible Study with Pastor Dan, AR</b> <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> 3:30 Piano with Dorothy, L 6:30 Movie: Action, TH	10:00 Walking Club 8 10:30 Bocce Ball, AR 11:00 Trivia, AR 1:30 Geri-Fit, AR <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> <b>3:00 Food Committee, AR</b> 6:30 Movie: Documentary, TH	10:00 Walking Club 9 10:30 Exercise: Yoga, AR 11:00 Mind Benders <b>1:00 Shopping: Walgreens</b> 1:30 Bingo, AR 2:30: Piano with Dorothy, L <b>2:30 VETERANS DAY CELEBRATION</b> 6:30 Movie: Comedy, TH	10:00 Walking Club 10 10:30 Exercise with Glenna, AR 11:00 Trivia, AR 1:30 Bingo, AR <b>2:30 Happy Hour: Wine &amp; Live Music, AR</b> 6:30 Movie & Popcorn, TH	9:30 Walking with Care Staff 11 <b>11:30 VETERANS DAY BBQ</b> 1:00 Unscramble Words 1:30 Dean Martin Show, TH 2:00 Bingo with Care Staff, AR <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> 6:30 Movie: Comedy, TH
10:00 Walking Club 12 10:30 Stretching Exercises, AR 11:00 Interesting Facts, AR 1:30 Bingo, AR <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> <b>3:00 Sunday Service with Gateway Church, AR</b> 6:30 Sunday Night Movie: Faith/Spiritual, TH	10:00 Walking Club 13 10:30 Exercise: Stretch Bands, AR 11:00 Picture Word Puzzles, AR <b>1:30 Spiritual Class with Rosalie Campbell</b> <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> 3:00 Craft with Kimi, AR 3:30 Piano with Dorothy, L 6:30 Movie Night: Romance, TH	10:00 Walking Club 14 10:30 Exercise: Cardio Mix <b>11:30 Director's Lunch</b> <b>1:30 Bible Study with Pastor Dan</b> <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> 3:30 Piano with Dorothy, L 6:30 Movie: Action, TH	10:00 Walking Club 15 <b>10:00 Walker &amp; Wheelchair Adjustments, AR</b> 10:30 Bocce Ball, AR 11:00 Trivia, AR <b>1:00 Outing: Public Library</b> 1:30 Geri-Fit, AR <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> 3:30 Piano with Dorothy, L 6:30 Movie: Documentary, TH	10:00 Walking Club 16 10:30 Exercise: Pool Noodles, AR 11:00 Word Search <b>1:00 Shopping: Sprouts Farmers Market</b> 1:30 Bingo, AR <b>2:30 Food Show with Olivier, AR</b> 6:30 Movie: Comedy, TH	10:00 Walking Club 17 10:30 Exercise with Glenna, AR 11:00 Trivia, AR <b>1:30 Bible Study with Pastor Roger, AR</b> <b>2:30 Happy Hour: Wine &amp; Live Music, AR</b> 6:30 Movie & Popcorn, TH	9:30 Walking with Care Staff 18 10:00 Aroma Therapy with Essential Oils with Kendra, AR 10:30 Crossword Puzzles 1:30 Dean Martin Show, TH 2:00 Bingo with Care Staff <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> <b>4:00 Thanksgiving Dinner</b>
10:00 Walking Club 19 10:30 Balance Exercises 11:00 Interesting Facts, AR 1:30 Bingo, AR <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> <b>3:00 Sunday Service with FBC Church</b> 6:30 Sunday Night Movie: Faith/Spiritual, TH	10:00 Walking Club 20 10:30 Exercise: Stretch Bands, AR 11:00 Picture Word Puzzles, AR <b>1:30 Spiritual Class with Rosalie Campbell</b> <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> 3:00 Craft with Kimi, AR 3:30 Piano with Dorothy, L 6:30 Movie Night: Romance, TH	10:00 Walking Club 21 10:30 Exercise: Cardio Mix, AR <b>11:00 Lunch Outing: Golden Corral</b> <b>1:30 Bible Study with Pastor Dan, AR</b> <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> 3:30 Piano with Dorothy, L 6:30 Movie: Action, TH	10:00 Walking Club 22 10:30 Bocce Ball, AR 11:00 Trivia, AR 1:30 Geri-Fit, AR <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> 3:30 Piano with Dorothy, L 6:30 Movie: Documentary, TH	<b>Happy Thanksgiving!</b> 10:00 Walking Club 23 10:00 Karaoke with Kathy 1:30 Bingo, AR <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> <b>4:00 Special Thanksgiving Dinner</b> 6:30 Movie: Comedy, TH	10:00 Walking Club 24 10:30 Exercise with Glenna, AR 11:00 Trivia, AR 1:30 Bingo, AR <b>2:30 Happy Hour: Wine &amp; Live Music, AR</b> 6:30 Movie & Popcorn, TH	9:30 Walking with Care Staff 25 10:30 Unscramble Words 1:30 Dean Martin Show, TH 2:00 Bingo with Care Staff, AR <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> 6:30 Movie: Comedy, TH
10:00 Walking Club 26 10:30 Stretching Exercises, AR 11:00 Interesting Facts, AR 1:30 Bingo, AR <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> <b>3:00 Sunday Service with Gateway Church, AR</b> 6:30 Sunday Night Movie: Faith/Spiritual, TH	10:00 Walking Club 27 10:30 Exercise: Stretch Bands, AR 11:00 Picture Word Puzzles, AR <b>1:30 Spiritual Class with Rosalie Campbell</b> <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> 3:00 Craft with Kimi, AR 3:30 Piano with Dorothy, L 6:30 Movie Night: Romance, TH	10:00 Walking Club 28 10:30 Exercise: Cardio Mix, AR <b>1:30 Bible Study with Pastor Dan, AR</b> <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> <b>6:00 Hospice &amp; Palliative Care Seminar</b> 6:30 Movie: Action, TH	10:00 Walking Club 29 10:30 Bocce Ball, AR 11:00 Trivia, AR <b>1:00 Outing: Movie Theater</b> 1:30 Geri-Fit, AR <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> <b>3:00 Resident Counsel Meeting, AR</b> 6:30 Movie: Documentary, TH	10:00 Karaoke with Kathy 30 <b>1:00 Shopping: Baron's Market</b> 1:30 Bingo, AR <b>2:30 Afternoon Social: Snacks &amp; Refreshments</b> 6:30 Movie: Comedy, TH	<h2>What are you thankful for?</h2> 	

**HAPPY BIRTHDAY!**

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





**RENAISSANCE**  
*Village*

MURRIETA  
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[www.RenaissanceVillages.com](http://www.RenaissanceVillages.com)

License# 331800083



**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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