

Renaissance Lifestyle

Memory Care Edition

DECEMBER 2017



You're Invited to our Holiday Dinner!

You are invited December 14 at 4:00 p.m. to our Holiday Dinner. We will enjoy the holiday season and celebrate this merry occasion with a family style meal. Guest tickets are \$14 per person. Please RSVP by visiting the concierge or calling (951) 379-0100.



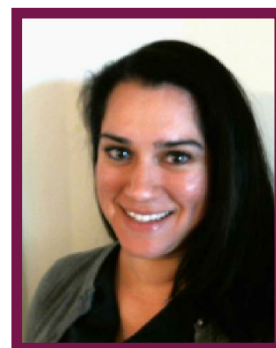
Wear Your Most Festive Sweater!

We're getting in a merry mood this December! Join us December 22 for Happy Hour as residents compete to win our Most Festive Sweater Contest! We can't wait to see all your creativity and festive sweaters! Don't miss out on this holly jolly good time!

Executive Director's Corner

Dear Residents, Family and Friends:

We're nearly to the end of the year, but that's not keeping us from enjoying the most wonderful time of the year!



Residents can get their holiday shopping done at our Pop-Up Shop on December 11 at 10:30 a.m.

We're hosting our Holiday Dinner on December 14 at 4:00 p.m. Guest tickets are just \$14. We'll have carolers and Santa will be with us to take photos and hear from all the good little boys and girls.

We're looking forward to our Most Festive Sweater Contest on December 22. Residents are encouraged to show off their holiday cheer with their festive sweaters.

We'll be prepping to ring in the new year with a special New Years themed Happy Hour on December 29.

I'd also like to thank all of our residents, friends and staff for making this a year to remember! Wishing you and your family a very Happy Holiday! Happy December and have a great month!

Judith Pierfax, Executive Director

Resident Spotlight: Gerald “Bummy” Burstein



Bummy during his Resident Spotlight Interview.

Gerald “Bummy” Burstein was born deaf in 1926 to two hearing parents in Brooklyn, NY. Growing up, his parents were very active in the school’s Parent Teacher Association and took on leadership roles at P.S. 47 in Manhattan. Through their example, Bummy learned what it meant to be a leader. His nickname “Bummy” stemmed from his love of the Brooklyn Dodgers. He was a strong fan of the famous team for many years, and it earned him the name “Bum.” To make it more formal, they extended it to Bummy.

As a young man, Bummy enjoyed traveling and was a Boy Scout. He later became an Eagle Scout and was also involved in the Order of the Arrow. During World War II, Bummy worked as a gift wrapper during war times. Bummy also has a younger brother, who is a neuro surgeon, he wanted to know what made Bummy tick, but to this day he’s never been able to figure it out.

Bummy moved to Washington, D.C. to attend Gallaudet University for three years and study Education. At the time, educational opportunities weren’t like they are today. As a deaf person, you really only had two options, a printer or teacher. Today the deaf can be whatever they want to be; it doesn’t matter if you can hear or not.

When Bummy graduated from Gallaudet, he moved to Minnesota and taught math at the Minnesota School for the Deaf for 15 years. He enjoyed the opportunity, and although he taught math, he also was able to teach life itself to the kids. While in Minnesota, Bummy also took flying lessons and became a student pilot.

Bummy met Theresa, the woman he’d later marry, while attending Gallaudet. She also taught with him

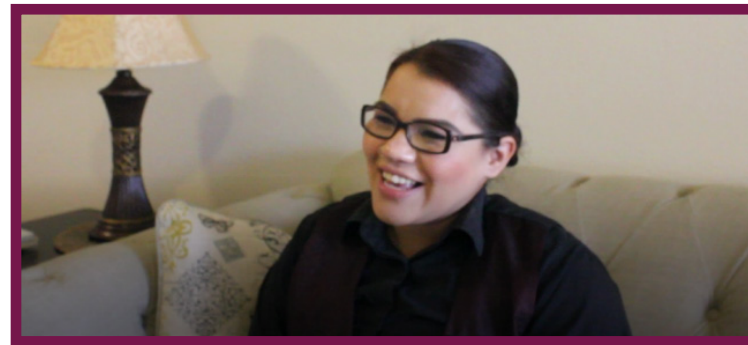
in Minnesota. The two were friends for awhile before getting married. They were married for 5.5 years, but their time was cut short when she was killed in an automobile accident by a drunk driver. Bummy never remarried because he “didn’t want to disappoint all of the ladies all over the world.”

He later moved to California to attend California State University of Northridge and pursue his Master’s Degree. From there he became a teacher and administrator at the Riverside School for the Deaf. When he retired, he still worked as an adjunct at Riverside City College and taught a few more years before completely retiring. Altogether, Bummy worked in the field of education for 52 years. Although he is no longer a teacher, he hasn’t stopped teaching and works with staff daily in learning how to effectively communicate with him.

Over the years, Bummy was actively involved in many organizations for both the non-hearing and hearing. He’s a proud member of the Gallaudet University Alumni Association and served as President for three years. He was the first deaf person to fully endow a chair at Gallaudet. He was also involved in the California Association for the Deaf, National Congress of Jewish Deaf, Convention of American Instructors of the Deaf and World Congress of Jewish Deaf.

Bummy also has a passion for parliamentary procedure. He gave over 200 parliamentary workshops all over the U.S. and internationally. These parliamentary workshops benefited organizations by teaching them how meetings should proceed. He even wrote a book and video, *Bummy’s Basic Parliamentary Procedures*, on the topic. This work allowed him to travel extensively; He’s been just about everywhere except South America and Asia. Among his many impressive accomplishments, Bummy is most proud of receiving an honorary doctorate from Gallaudet and becoming certified as a professional parliamentarian.

We are so excited to welcome Bummy to the Renaissance Village Family. We appreciate his insight on the deaf community and look forward to learning more from him.



Darlene during her Employee of the Month Interview.

Employee of the Month:

Darlene Sanchez

We have so many wonderful employees working at Renaissance Village Rancho Belago. This month we highlight the outstanding work done by Darlene Sanchez, one of the servers in our Dining Room.

Darlene has worked here for the last three years, and prior to working with us, she worked at a Farmer Boy’s in Riverside. She loves the working environment Renaissance Village provides and enjoys working with the residents and her fellow team members. Darlene finds that the residents are encouraging and positive and enjoys getting to know what they’ve done in their past. Working with the residents allows Darlene to cultivate friendships with the residents, and she enjoys

socializing with and serving the residents. She is a hard worker and goes out of her way to provide our residents with the support they need.

As Darlene grew up, she was one of six children, two boys and four girls. She had fun spending time with her siblings, they were all great and she has a lot of love for them. Even now, she goes to visit them when she’s not working.

When she was younger, she played soccer on a club team, which allowed her to travel all over. She had the opportunity to play defense in New York, Santa Monica Beach and Arizona. She loved that it allowed her to stay in shape, work as a team and the adrenaline rush she received while playing.

Darlene is a single mother to a 7-year-old, Leopold and 4-year-old, Amarie. She loves being the mom of these two amazing kids, and watching them develop their personalities. Leopold participates in Tae Kwon Do and like herself, he plays soccer. She enjoys watching and being a team mom.

Darlene, we appreciate your sweet attitude and that you go above and beyond to support residents. 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.



BRAIN TEASERS

Are you great at puzzles? Give these riddles a try!

1. What did Santa change his name to after he slid down a chimney where the fire was still burning?
2. Which reindeer is known to be the fastest of them all?
3. What do snowmen eat for breakfast?
4. Why don’t mountains get cold in the winter?
5. How does an Eskimo stick his house together?
6. What kind of bug hates the holidays?
7. Which elf was the best singer?
8. Why do Mummies like Christmas so much?

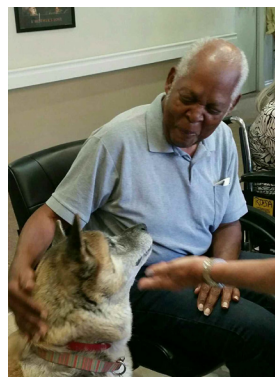
ACTIVITY TYPE
PHYSICAL
COGNITIVE
SENSORY
SOCIAL
EMOTIONAL
CREATIVE
SPIRITUAL

MEAL TIMES
Breakfast 7:30 A.M.
Lunch 11:30 A.M.
Dinner 4:30 P.M.

HAPPY HOUR
Live Entertainment EVERY FRIDAY at 3:30 P.M.

HAPPY BIRTHDAY!

12/4
Eugene S.
12/12
Gregg P.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DECEMBER						
9:00 Daily Devotion & Newspaper CSSE 3 9:30 Coupon Cutting PCSS 10:00 Walk and Roll PCSS 10:30 Movie Matinee CS 1:00 Trivia & Crosswords PCSS 2:00 BINGO PCSS 3:00 Jigsaw Puzzles CSS 6:00 Bible Study CSEES	9:00 Daily Devotion & Newspaper CSSE 4 10:00 Walk and Roll PCSS 11:00 Ball Games PCSS 1:30 Manicure Mania/ Golf Cart Cruisin' PCSS 3:00 BINGO PCSS 4:00 Sensory Search & Find PCSS 6:00 Sunset Stroll CSE	9:30 Walk and Roll PCSS 5 10:00 Move & Groove w/ Marsha PCSS 10:30 Sing Along PCSSC 1:00 Ball Games PCSS 2:00 BINGO PCSS 3:00 Chair Fitness PCSS 6:00 Sunset Stroll PCSS	9:30 Daily Devotion & Newspaper CSSE 6 10:00 Walk and Roll PCSS 11:00 Bingo PCSS 1:00 Get Fit w/ Rose PCSS 3:00 Word Games PCSS 4:00 Guided Relaxation CSES 6:00 Jigsaw Puzzles CSS	9:30 Daily Devotion & Newspaper CSSE 7 10:00 Walk and Roll PCSS 11:00 Creative Outlets PCSSC 1:30 Social Hour PCSS 2:00 Mark Krom CSEES 3:00 Chair Fitness PCSS 6:00 Sunset Stroll PCSS	9:30 Daily Devotion & Newspaper CSSE 8 10:00 Walk and Roll PCSS 11:00 Lunch Outing 1:30 Live Entertainment W/ Rex 2:30 Word Games PCSS 3:30 Happy Hour Dance Party 6:00 Feature Movie CS	9:30 Daily Devotion & Newspaper CSSE 9 10:00 Walk and Roll PCSS 10:30 BINGO PCSS 11:30 Humor & Stories PCSS 1:00 Chair Volleyball PCSS 2:00 Ice Cream Social PCSSC 3:00 Puzzles & Games CSS
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9:00 Daily Devotion & Newspaper CSSE 24 9:30 Coupon Cutting PCSS 10:00 Walk and Roll PCSS 10:30 Movie Matinee CS 1:00 Trivia & Crosswords PCSS 2:00 BINGO PCSS 3:00 Jigsaw Puzzles CSS 6:00 Bible Study CSEES	9:00 Daily Devotion & Newspaper CSSE 25 10:00 Walk and Roll PCSS 11:00 Ball Games PCSS 1:30 Manicure Mania/ Golf Cart Cruisin' PCSS 3:00 BINGO PCSS 4:00 Sensory Search & Find PCSS 6:00 Sunset Stroll CSE	9:30 Walk and Roll PCSS 26 10:00 Movie in the Theater CS 10:30 Sing Along PCSSC 1:00 Ball Games PCSS 2:00 BINGO PCSS 3:00 Chair Fitness PCSS 6:00 Sunset Stroll PCSS	9:30 Daily Devotion & Newspaper CSSE 27 10:00 Walk and Roll PCSS 11:00 Bingo PCSS 1:00 Get Fit w/ Rose PCSS 3:00 Word Games PCSS 4:00 Guided Relaxation CSES 6:00 Jigsaw Puzzles CSS	9:30 Daily Devotion & Newspaper CSSE 28 10:00 Walk and Roll PCSS 11:00 Creative Outlets PCSSC 1:30 Social Hour PCSS 2:00 Mark Krom CSEES 3:00 Chair Fitness PCSS 6:00 Sunset Stroll PCSS	9:30 Daily Devotion & Newspaper CSSE 29 10:00 Walk and Roll PCSS 11:00 Lunch Outing 1:00 BINGO PCSS 2:00 Word Games PCSS 3:30 Happy Hour Dance Party 6:00 Feature Movie CS	9:30 Daily Devotion & Newspaper CSSE 30 10:00 Walk and Roll PCSS 10:30 BINGO PCSS 11:30 Humor & Stories PCSS 1:00 Chair Volleyball PCSS 2:00 Ice Cream Social PCSSC 3:00 Puzzles & Games CSS
9:00 Daily Devotion & Newspaper CSSE 31 9:30 Coupon Cutting PCSS 10:00 Walk and Roll PCSS 10:30 Movie Matinee CS 1:00 Trivia & Crosswords PCSS 2:00 BINGO PCSS 3:00 Jigsaw Puzzles CSS 6:00 Bible Study CSEES	HAPPY HOLIDAYS!					

GREAT DAYS AWAIT!



We're spending some time in the caboose of this train.



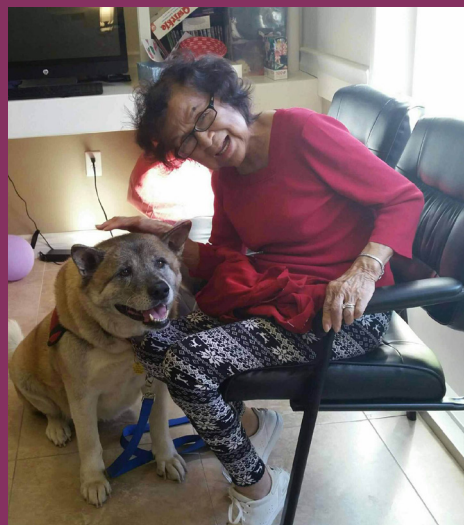
We're talking about the body and the bones in Memory Care.



We enjoyed the Valley Adventist School Choir.



The presenting of the colors at the Veterans Day Celebration.



We love when Therapy Dogs come visit!



We had a wonderful time on our outing to Bass Pro Shop at the Victoria Gardens!

Facing Urinary Incontinence Together

Urinary incontinence is any leakage of urine and may also be referred to as involuntary urination. Incontinence affects the lives of about 50 percent of older Americans. It's something that many seniors may struggle with, but few wish to discuss. No one wants to admit the embarrassing fact that they cannot control their bladder.

Depending on the person, incontinence may be a temporary issue, which is why it's important to consult with a doctor. Women predominantly struggle with incontinence, but men also face this issue. Incontinence can be caused by medications, constipation, vaginal or urinary tract infection (UTI). Other causes are overactive bladder muscles, nerve damage, interstitial cystitis, difficulty getting to the toilet in time, and for men, an enlarged prostate.

Not everyone faces incontinence, but the most common risk factors are being female, getting older, high-impact sports, excess body fat, smoking, and chronic diseases such as kidney disease, prostate cancer, Parkinson's disease, Alzheimer's, etc.

There are several different types of ways incontinence affects seniors. **Urge Incontinence** is a result of not being able to hold urine long enough to make it to the toilet in time. **Overflow Incontinence** stems from an individual's inability to empty their bladder completely. A full bladder may leak small amounts of urine resulting in an overflow of urine. This type is more common in men, as an enlarged prostate can block the urethra, which makes it difficult to empty the bladder.

Functional Incontinence is commonly seen in seniors with dementia. As dementia worsens, seniors may forget to use the restroom. Similar to urinary incontinence, **Bowel Incontinence** is the loss of control over bowel movements. It's also possible for someone to experience multiple forms, which is known as **Mixed Incontinence**.

The topic of incontinence is a sensitive topic and can be something your aging parent does not want to discuss or admit. When talking with your parent,

remember that you're talking with an adult. Be respectful in the way you approach the conversation.

While this can be seen as a vanity issue, it's important to speak the truth in a loving way. Such as, if left untreated, the senior will smell like urine, which is much more embarrassing than using proper protection for leakage. You can also offer some of the following suggestions to help address incontinence issues.

Track your bathroom visits: By plotting out bathroom usage, you can get a better idea of when to make your way to the toilet.

Stop Smoking: Smoking can increase the need to urinate and can affect bladder control. Additionally, the coughing associated with smoking can put extra pressure on the bladder, resulting in damage to its muscles.

Get Fit & Do Kegel Exercises: These exercises work on strengthening the muscles that control the urethra. This helps you regain control of your flow when urinating. Furthermore, losing excess weight can help reduce urinary incontinence.

Stay Hydrated: While it may sound like more fluids are the last thing you want to use to combat incontinence, it's important to stay hydrated. Cutting your fluid intake can irritate the bladder making incontinence symptoms worse and can lead to kidney stones, constipation, and dehydration.

Avoid caffeine: Caffeine is a bladder irritant and diuretic, it's best to cut back or completely cut it out.

Adult Briefs & Absorbent Pads: These disposable products make it easy for seniors to go about their day without fear of leakage or embarrassment, and are worn like underwear. Adult briefs are available in different styles, colors, and absorption capabilities.

Talk to a doctor: There are several medicines and surgeries that your doctor can recommend to help deal with incontinence if necessary. They can also help you in narrowing down triggers for the cause of urinary incontinence in your lifestyle.

Contact us today to learn more about solutions, products and how to get started in addressing incontinence.



RENAISSANCE
Village

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License# 336426464

SAVE THE DATE!

**Holiday Pop-Up Shop
December 11 at 10:30 a.m.**

**Holiday Dinner
December 14 at 4:00 p.m.**

**Most Festive
Sweater Contest
December 22**

**New Years Happy Hour
December 29 at 3:30 p.m.**

Call (951) 379-0100 to learn more.

A Dementia Friend

By Sarah Merriman

“Who do you see when you look at me ?”
I’m not the person I used to be.
At times I will not know your name,
But really I am not to blame.
Dementia has changed a part of me.
A part that you can’t even see.
It’s had an effect upon my brain,
But deep, deep, down, I’m still the same.
I can still feel and laugh and cry.
So when you see me, don’t pass by,
Without a word, a wave, a smile.
Please just stop and chat a while.
You’ll cheer me up and make my day,
Maybe, we’ll laugh at things I say.
For there’s still humour to be found,
It is not doom and gloom, all round.
So, please, please, treat me just the same.
The word ‘Dementia’ is only a name,
For a condition that I’ve got,
But I can still do such a lot.
I may just need a bit more time,
So please be patient when in line,
I’m struggling at the shopping till.
I’ll get there in the end, I will.
So take a moment, pause a while,
And then give me a nod, a smile.
And maybe then, your hand you’ll lend.
For you are now a ‘Dementia Friend ‘

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