

Renaissance Lifestyle

SPRING 2018



Mother's Day Garden Brunch

Come celebrate Mother's Day with your mom at our Garden Brunch on Saturday, May 12 from 11 a.m. to 1 p.m. We'll have a delicious brunch spread and live music. Contact concierge for Guest Ticket costs and to RSVP. Don't miss out!



Kick Off the Summer with Us!

Come beat the summer heat with us on Friday, June 22 from 4 - 7 p.m. We'll have BBQ, lawn games, music, and awesome raffle prizes. If you're interested in donating a raffle gift for our raffle be sure to contact Ashley Percia, Director of Community Relations at apercia@rvseniorliving.com or call (951) 319-8243.

Executive Director's Corner

Dear Residents, Family and Friends:

The Renaissance Family is growing. We'd like to welcome Cindy Duare, Cook and Maria Velasco, Housekeeper to our team.



Thank you to everyone who came out last month to our Easter Brunch and 1 Year Anniversary Celebration. We enjoyed having you with us, and hope you have a Happy Easter celebrating with your family.

Temecula Creek Small Animal is offering their mobile pet care services on-site at our location as needed for Renaissance Village Murrieta residents. Please see Marjan Torabi, Fun Director to discuss scheduling appointments and costs.

Don't miss celebrating your mom this Mother's Day at our Garden Brunch on May 12 at 11 a.m. Contact concierge for Guest Tickets & to RSVP.

Lastly, don't miss our Summer Kick Off on June 22. We'll have BBQ, fun games, music, and raffle prizes. This is one event you won't want to miss!

Happy Spring and have a great month!

Brian Taube, Executive Director

Resident Spotlight: Pat B.



Pat during her Resident Spotlight Interview.

You can always count on Pat B. for a good conversation and laugh or two. This sweet resident enjoys people watching and talking any troubles away.

Pat was born in Oceanside, New York and spent most of her youth living with a foster family. They never let her call them mom and dad, it was always aunt and uncle. When she was in 4th grade, she lived with her biological parents and her older brothers, George and Norman, and sister, Joan. Life was rough at times living with her parents, and she wishes that she would've been able to stay with her foster parents longer.

Growing up her family moved every couple of years. She lived in Belmar, New Jersey until 3rd grade when they made they move to Maine. Upon entering high school, she moved back to Belmar, and then went she got married she moved once more back to Maine.

She met her first husband, Francis, when she was in high school. He and his friends were taking sledge hammers to his car before they came to junk it right next to where she lived. She remembers getting a laugh out of all the commotion that was going on. Francis also served in the United States Army, and they shipped him off to Japan four weeks before their oldest son, Kevin, was born. He didn't get to see him until he was 15 months old, which

was typical of the time.

Francis and Pat had three more children, Mark, Pamela and Steven. The two had always discussed eventually moving to California. However, when that time came Pat was against it and didn't want to go. They had an argument, and she hid the fact that she cried all the way to California from her family. Upon arriving in California, Pat's demeanor and feelings toward the move changed. She fell in love with California, and to her dismay the same happened with her husband. He wanted to move back to the east coast as he believe it was a mistake, but she felt otherwise. They ended up staying in California, but the two divorced.

Pat originally worked as a nurse, but she had a hard time dealing with death. It bothered her so much, one evening she quit in the middle of the night and told them she wasn't coming back. She went on to work for 21 years for at an investment company. The oversaw five corporations, dealt with real estates, apartments, leasing and loans. Pat found it interesting hard work and enjoyed it. She looks back proudly on the work they accomplished.

When she and Francis divorced she did her best to make ends meet. She would sometimes work several jobs a day, even working through the night. Each of her kids also worked for Jack in the Box as teenagers. She always tells the kids they all raised each other through the hard work they each shared.

Pat's oldest son retired from a corporate position. Her second son is a commission for California, he works within the boxing industry and really enjoys the field. He also

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PAT CONTINUED FROM PAGE 2

teaches at one of the colleges in the area and works hard. Her daughter recently moved from up north to Southern California so she wasn't far from her family. Lastly, her youngest son worked for UPS for a little over 30 years. She's proud of each of them and knows she did a good job raising them. She shares that they were very fortunate and have come out even better because of all the things they've faced.

Pat feels she was tougher on the kids than most mothers. She let the kids know they could come to her for anything but knew they wouldn't. When they did, she gave them insight from each angle, but encouraged them to make decisions for themselves.

Pat married a second time to a man named Fred. The two were married for 16 years before he passed away. The two were on the brink

of facing divorce when he suddenly fell ill and passed away right in their home. Despite the problems she faced with both the men she married, Pat chooses to remember the positives.

Pat has 17 grandchildren and another 17 to 18 great-grandchildren. She wishes she was able to see them all more often. Three of the grandchildren are serving in the Army and she shares she talked them into it.

In the long run of her life, Pat feels that she's been very blessed. She enjoys living at Renaissance Village and tries to tell those touring at every opportunity what a great place it is to live. She feels that it's a great place for the age group, and whether you're alone or with someone, there's plenty of privacy. She likes how everyone sticks together and are there for one another through thick and thin.

EMPLOYEES OF THE MONTH



February

Gina Ilanes, Caregiver

Gina loves taking care of residents. She gets along with staff and residents and enjoys talking or sharing a joke with everyone.

She shares that residents are easy to care for and she cares for each one as if she was caring for her own mother or father.



January

Le'Chelle Tolbert, Med Tech

Le'Chelle enjoys working with the elderly because they genuinely need help, and their family members are not always there to help. Le'Chelle loves the friendships she's cultivated with residents. She also loves that on bad days they help turn it around.



March

Corrine Poigent, Cook

Corrine Poigent is one of the cooks in our kitchen. She's a great employee and cook, and has a myriad of culinary experience.

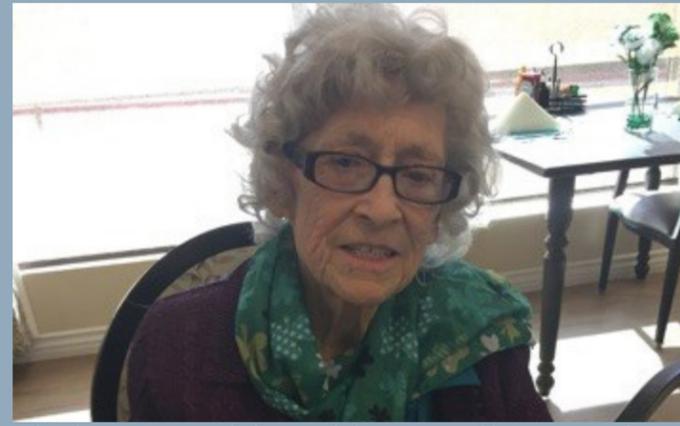
GREAT DAYS AWAIT AT RENAISSANCE VILLAGE!



These two are ready for a delicious lunch at Annie's Cafe.



Wine, live music, and great conversation make one HAPPY Hour.



Check out Juanita's beautiful St. Patrick's Day scarf!



The Dining Room was swinging at our annual Easter Brunch.



Loving her three leaf covers this St. Patrick's Day.



Playing a rousing game of Chinese Checkers in the Activities Room.



Loving her three leaf covers this St. Patrick's Day.



Marilyn and Muriel enjoying one another's company at our annual Easter Brunch



St. Patrick's Day themed newspaper gardens.



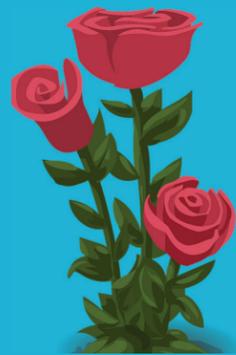
We love going to Annie's Cafe to get a taste of England without the long flight.



Pat has such a colorful personality. We love her!



Cute photo of Norman and his wife, Karen at our annual Easter Brunch.



SHARE AND EARN MORE!

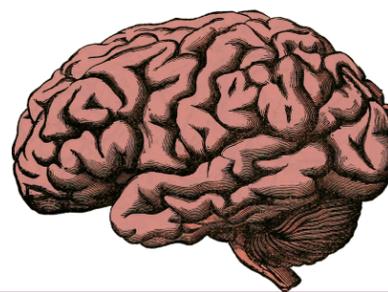
Ask about how you can earn a check for \$1,000 when you refer a new resident.

BRAIN TEASERS

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

1. Mike is a butcher. He is 5'10" tall. What does he weigh?
2. A farmer has 17 sheep and all but nine die. How many are left?
3. What is full of holes but can still hold water?
4. What 5-letter word becomes shorter when you add two letters to it?
5. What is black when you get it, red when you use it, and white when you are all through with it?
6. Lighter than what I am made of. More of me is hidden than is seen. What am I?
7. What word is spelled the same way front and backwards?

1. Meat 2. Nine 3. A sponge 4. short 5. Charcoal 6. An iceberg 7. racecar



Is there truly a difference between dementia and Alzheimer's?

What's the Difference between Dementia and Alzheimer's?

A common misconception people have is that dementia and Alzheimer's disease are different names for the same condition. While there are some similarities and overlap, they are not the same thing.

Memory loss is something that many associate with dementia and Alzheimer's disease. However, experiencing memory loss does not mean a person has Alzheimer's or dementia. Despite this fact, memory loss is a symptom that should be monitored and not taken lightly.

Dementia is not necessarily a disease, but a term used to describe overall symptoms associated with the decline in one's mental ability in their daily life. The older we get, the chance to develop dementia heightens. However, dementia can also be temporary or in some cases even reversible when brought on by drug interaction or nutrition.

Due to the nature of dementia, there are several different types: Alzheimer's disease, Lewy Body Dementia, Parkinson's Disease Dementia, Frontotemporal disorder, Vascular Dementia, Vascular Cognitive Impairment and Mixed Dementia. Each form of dementia affects the brain differently and makes it difficult for the individual to engage in daily activities of life.

Dementia is often brought on as the result of other conditions that may damage certain brain cells, which affects the communication between brain cells. A few of these conditions are Alzheimer's, Parkinson's, depression, stroke, or chronic drug use. These impairments can cause issues for the individual when it comes to communication, language, reasoning, and focus.

The most common type of dementia is

Alzheimer's disease. While occasional forgetfulness is commonly experienced as you age, Alzheimer's is not a normal part of the aging process. Unlike dementia, Alzheimer's is not reversible.

High deposits of proteins on the outside and inside of brain cells interfere in brain activity and make it difficult for the brain to function properly. Damage to the brain does not produce immediate symptoms and can go undetected. Diagnosing Alzheimer's is impossible while a person is alive. There is testing specialists and doctors can do to determine whether or not it's Alzheimer's. It's not until a person's brain is thoroughly examined in autopsy that Alzheimer's can be confirmed. At this time there is no cure for Alzheimer's.

Most of the symptoms of dementia are fairly similar to those with Alzheimer's disease. However, depending on the type of dementia symptoms can vary. Short-term memory changes are an overarching symptom seen in both individuals with dementia and Alzheimer's. Individuals may experience struggles in communication when it comes to finding the right words, repetitiveness, and inability to follow a story. Mood changes and confusion are also seen in those with dementia.

While there are factors that you cannot change, such as your genes or age, there are changes you can make when it comes to preventing dementia & Alzheimer's. Decreasing your alcohol use, quitting smoking habits, healthy diet, consistent mental and physical fitness, and staying on top of your diabetes are all ways to decrease your risk of developing dementia.

At Renaissance Villages, we understand what you're going through as you care for a loved one with dementia or Alzheimer's disease. We understand the sadness, frustration, and helplessness you may be feeling. Dealing with all of this can be difficult, but please know that you are not alone in this. Renaissance Villages is here to support you and your loved one in any way that we can.

We will work with you and help you navigate Memory Care options. To learn more about Memory Care options are Renaissance Village call (951) 319-8243.

Interesting FACTS

Did you know the first flowers of spring are typically daffodils, dandelions, lilies, lilacs, iris, and tulips?

Did you know that there's only one letter in the entire alphabet that doesn't occur in any U.S. state name?
It's the letter Q!

Did you know that the tiny pocket in your jeans is designed to store a pocket watch?

Did you know that you have two body parts that continue growing after everything else has halted?
Your ears and nose never stop growing.

Did you know that the proper name for a pound or hash symbol is actually octothorpe?

Did you know the French actually do have their own name for a French Kiss? The term is galoche, which means to kiss with tongues.


RENAISSANCE
Village

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**THE VETERINARY CLINIC IS
COMING TO RENAISSANCE VILLAGE!**

**NO MORE STRESS FOR
YOU AND YOUR PETS!
NO HASSLE OF DRAGGING
YOUR PET TO THE VET!**

**CONTACT MARJAN TORABI,
FUN DIRECTOR FOR MORE INFO!**

SAVE THE DATE!

**Navigating Elder Law &
Veteran's Benefit's Seminar**
April 4 at 10 a.m.

Health & Wellness Seminar
April 23 at 10:30 a.m.

Mother's Day Garden Brunch
May 12 at 11 a.m.

Senior Fitness Day
Murrieta v.s. Rancho Belago
May 30 at 9 a.m.

Summer Kick-Off
June 22 at 4 p.m.

Call (951) 319-8243 to learn more.

OUR TEAM

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