

Renaissance Lifestyle

SPRING 2018



Mother's Day Garden Dinner

Come celebrate Mother's Day with your mom at our Garden Dinner on Friday, May 11 at 3:30 p.m. We'll have a delicious dinner spread and live music. Contact concierge for Guest Ticket costs and to RSVP. (951) 379-0100 Don't miss out on this lovely evening with mom!



Join Us For Guys' Casino Night Out!

Don't worry! Ladies are welcome too! Join us Thursday, June 14 from 4 - 7 p.m. as we celebrate all the fathers with an evening of Black Jack, Roulette, Craps, and Poker! If you're interested in sponsoring a table or donating a raffle gift for our raffle be sure to contact Ruthie Daniels, Director of Community Relations at rdaniel@rvseniorliving.com or call (951) 379-0100.

Executive Director's Corner

Dear Residents, Family and Friends:

We'd like to welcome our newest employees to the Renaissance Family. Welcome to the team, Erika Flores, Caregiver, Richia Baldwin, LVN, and Elizabeth Lara, Server.



Thank you to everyone who came out to our Spring Fling in March. We're so excited to bring the community together in an effort to support the Riverside Meals on Wheels. Thank you to everyone who supported with raffle gifts, buying raffles tickets, and attending. We'd also like to thank the Riverside City College 24 Piece Big Band for partnering with us to put on such a fun evening!

We'll be taking interested residents to the March Air Show on April 7. If you'd like to attend, please contact Smyrna to secure your spot. It's going to be an awesome day, and you don't want to miss out on this great opportunity!

Don't miss celebrating your mom this Mother's Day at our Garden Dinner on May 11 at 3:30 p.m.

Lastly, be sure to join us in celebrating Father's Day with our Guys' Casino Night Out on June 14 from 4 - 7 p.m.

Happy Spring and have a great month!

Judith Pierfax, Regional Executive Director

Resident Spotlight: Al P.



Al during his Resident Spotlight Interview.

From an early age, Al P. had to grow up quickly. He was one of eight children of two parents who emigrated from Germany. They came from Germany through England and Canada into Halifax, Nova Scotia before finally settling in Edmonton, Alberta, Canada. His father originally worked as a coal miner but didn't like the work. He moved the family once more, settling on a farm in Ponoka, Canada.

On the farm, they were almost completely self-sufficient. The family cared for their livestock, minded a garden where they grew all their food, and would buy only the things they couldn't produce like sugar. He shares that the way they lived was a lot like what you see on Little House on the Prairie.

Al's parents spoke German around the house because they didn't know English. They learned all their English from the kids. After a few years, his father knew enough that he could get around in town, but his mother never spoke it. The education he encountered was different from what kids experience today. There were only eight grades and one teacher. That teacher oversaw what everyone was doing and helped those who needed it. During the fall, the kids who lived on farms would start two months later because they were needed during the harvest. Al also remembers having to drive the cattle up the road because they didn't have enough pasture for them to feed. He'd also milk one of their eight milk cows each morning and night.

One evening his mother shared she wasn't going to be around much longer. She said the Lord was going

to call her home, a few days later both of Al's parents were killed in a bad car accident. This left all eight kids as orphans, which Al feels it affected him the most. His older siblings were already working or had families of their own, and his younger siblings went to live with their uncle. Al took care of their farm for the next three months, but then left it all to live with his uncle. His uncle treated him and his siblings like they were his own children. Al stayed there for the rest of the year, but after his oldest brother got married he left.

He began looking for work and after spending some time at the employment office he began work at TE Company in Canada as a stock receiver. It was hard work, but that's something he knew well and excelled in. Two years later he left his job as head receiver. He decided he had enough of the cold weather and after visiting his sister in Long Beach, California it was time to move on. His sister sponsored him, and once he got his papers he booked a ticket to Long Beach. Al's brother was working at Knott's Berry Farm and was able to land him a job as a busboy. He later was promoted to the bakery but didn't care for that and quit. He and his sister began fighting and she threatened to deport him because she had that power as his sponsor. Al made the decision to join the United States Air Force in 1955.

In 1957, the Soviet Union launched Sputnik, the first artificial earth satellite. During this time the Air Force continued to push forward. Al found himself working as an aircraft mechanic and was tasked with working on a new airplane known as the 133. They sent him to work on WB – 47s with Strategic Air Command in Louisiana. However, because SAC was so secretive and he was from Canada, he wasn't able to get the clearance he needed. After two years they sent him to Dover Air Force Base and he worked on 124s. During his time in the Air Force, he also spent time in Spain. He served for four years and left as a buck sergeant in

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AL CONTINUED FROM PAGE 2

the E-4 pay grade.

After leaving the Air Force Al went into the airline industry and landed a mechanic job with Pan American World Airways. He had never worked on Boeing 707s, so they sent him to school to ensure he had proper training. While working for Pan Am, he met his first wife, Judith, during a dance at the local YMCA. He would drive 300 miles each weekend to spend time with her. However, her family was Catholic and he wasn't. Her mother didn't like this and wouldn't allow them to get married. They went off to Long Beach, New York and were married by the city's mayor.

The two found a home in Jamaica, Queens. Shortly after they left the east coast and moved out to California. Al worked for General Dynamics in Pomona, a company that did work for the space program. Unfortunately, he worked with a lot of chemicals that gave him headaches that interfered

with his sleep. They moved and he worked on hydraulics in Fullerton at a division of North America Aircraft. He later worked another job hauling cargo through airports, but once again moved when a job at Continental Airlines at LAX opened up. He stayed for ten years working on jets again and finally retired at Alaskan Airlines.

He and his wife, Judith, had four children together. They had three boys, Al Jr., Michael, and Steve, and one girl, Nancy. Judith and Al were together for 18 years, but she later died from Lupus, a disease she had for over 20 years. Al did marry a second time, but the marriage didn't work out. They were married for 18 years and then she decided she needed to be close to her family and left.

Al enjoys living at Renaissance Village and thinks it's a great place to live. He shares he's made lots of friends and likes spending time with them. He loves that there's so much to do and says it's better than anywhere he's ever seen.

EMPLOYEES OF THE MONTH



January

Maria Herrera, Housekeeper

Maria treats the residents like her family members and cares for each resident she works with. From the moment she enters to the moment she exits each day, Maria enjoys her job.



February

Jeanette Alfaro, Med Tech

She loves working with the staff and shares that they all get along really well. Jeanette loves all the residents and gets easily attached. She sees them as family members and finds helping residents rewarding.



March

Mari Vera, Server

Mari and the team go above and beyond to keep residents smiling and happy. Mari thinks the best part of her job is getting to know the residents, and on top of that, the staff is great. Mari shares you wake up every day looking forward to making residents smile.

GREAT DAYS AWAIT AT RENAISSANCE VILLAGE!



We had a fun afternoon with a Mary Kay Spa Day.



IN-N-OUT is definitely what a hamburger is all about!



We took a trip out to Lake Perris for a great picnic lunch.



We're up and at 'em for a refreshing morning stroll.



Always hoping to win big on the slots!



Root beer floats, Celebrity Gossip, and Horse Racing. We sure know how to party!



Wishing you the happiest of birthdays, Edward.



Violet and Edward showing off the delicious burgers they ordered at Farmer Boy's.



Who doesn't love a good IN-N-OUT burger?



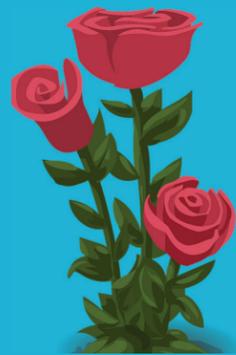
We were feeling pretty lucky during our outing to the Agua Caliente Casino!



Having fun with this Easter themed dice game.



We couldn't ask for a more beautiful day for our outing to Lake Perris.



SHARE AND EARN MORE!

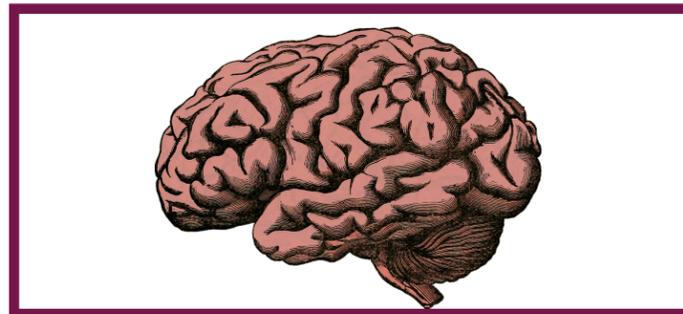
Ask about how you can earn a check for \$1,000 when you refer a new resident.

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) 379-0100.

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 galocher, which means to kiss with tongues.


RENAISSANCE
Village

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SAVE THE DATE!

March Air Show
April 7 at 2 p.m.

Fashion Jewelers
May 4 at 10 a.m. - 1:30 p.m.

Mother's Day Garden Dinner
May 11 at 3:30 p.m.

Memorial Day BBQ
May 28 at 12 p.m.

Guys' Casino Night Out
June 14 at 4 p.m.

Call (951) 319-8243 to learn more.

OUR TEAM

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