

Renaissance Lifestyle

FALL 2018



Trick-Or-Treat at Renaissance Village!

Looking for a safe alternative to Trick-Or-Treating? Come celebrate Halloween at Renaissance Village on Wednesday, October 31. We'll have a staff Costume Contest at 3 p.m. and residents will judge the costumes. Residents will also hand out candy throughout our dining and activities rooms starting at 4 p.m. We hope to see you here for a fun and candy-filled evening!



**Together, We Can
End Alzheimer's**

There's still time to join Team Renaissance Villages in the fight against Alzheimer's. We're participating in the Alzheimer's Associations 2018 Walk to End Alzheimer's on Sunday, October 7 at 8 a.m. at Temecula Valley High School. To join our team or make a donation, visit <http://bit.ly/TEAMRVTEMECULA18>. Join us day of the event too! We'll have a table at the walk so make sure to stop by and say hello!

Executive Director's Corner

Dear Residents, Family and Friends:

The Renaissance Family is continuously growing with new residents and employees. I'd like to extend a warm welcome to all of our new residents. Welcome to our newest caregivers: Leticia Aguilar, Elena Cardenas, and Jennifer Trujillo. We also add Ashley Johnson, Patty Mejia, and Renea Portillo to our team of servers. We also have a new face at the concierge desk. Stop by and say hello to Patricia McLoone.



Thank you to everyone who supported and donated to Renaissance Village Murrieta's Team for the 2018 Walk to End Alzheimer's over the last couple of months. If you'd like to join us at the walk, we'll be at Temecula Valley High School at 8 a.m. so be sure to stop by our table.

We're looking forward to the upcoming holiday season. We'll have Trick-Or-Treating for our residents grandchildren and children from the local community at 4 p.m. on Halloween night. Our Thanksgiving Family Dinner will take place on November 15 at 4 p.m. Lastly, this year we're hosting a Holiday Brunch on December 15 at 11:30 a.m. Don't miss out on these fun activities this holiday season.

Happy Fall! I hope to see you around the community.

Brian Taube, Executive Director

Resident Spotlight: Ethel K.



Ethel at our annual Luau this summer.

Ethel K. was born in Artesia, California during the summer of 1929. She was an only child, but her parents also adopted a boy that lived with them. Her grandmother owned a restaurant that Ethel worked at waiting tables as a teenager. During the Great Depression, they didn't have to worry about food because her grandmother supported them.

She got married young and had two sons with her first husband. But, the marriage didn't last. They went their separate ways and Ethel began roller skating at a local rink. She made friends with a man in the Air Force and he taught her everything about roller skating. That man told his friend, John, on base that he was going to marry her, yet, it was actually John who later married her.

John wanted to marry Ethel, but she didn't want to jump into another marriage. Plus she did not have anyone to watch her sons if she were to date someone. John offered to take care of the boys while she went out to see how she liked other men. But, John had everything she wanted in a husband and the two were later married in Las Vegas, Nevada. Ethel shares it was one of the best decisions she ever made because he was a wonderful husband and father.

John was in the Air Force for 22 years and

he served in Korea. Ethel shared it was hard having him in Korea during their marriage. In the Air Force, John drove gasoline trucks to make sure the airplanes had gasoline. Despite difficulties, Ethel is proud of John's service in the military. She never regretted it. She loved the travel associated with it. They got to live in Germany, Spain, South Carolina, Arizona, and California.

In addition to the two boys from her first marriage, Ethel had three girls with John. One was born in South Carolina, one in Germany, and the last in Tucson. Ethel enjoys being a mother. She loves all her kids the same, and recalls always having to count them when they went out to make sure she had them all.

After John discharged from the Air Force, his first job was cleaning up spilled oil on the beach. *Ethel & her husband, John.*

He later worked making cables and then went on to become a driver's license examiner. Ethel and John were married for 63 wonderful years before she lost him four years ago. One of her daughters had Multiple Sclerosis and Ethel had to say goodbye to her about two months ago.

Today, Ethel is a great-grandmother and has many grandchildren and great-grandchildren. She enjoys playing bingo and going on the various outings offered at Renaissance Village Murrieta. Ethel shares that everybody is so nice and she loves living here. She adds that she tells everybody that it's a great place to live. Ethel shares she's had a wonderful life and doesn't have any regrets about any of it.



YOU'RE INVITED TO THANKSGIVING DINNER

November 15 at 4 p.m.

Contact Concierge for guest pricing and to RSVP.

(951) 319-8243

EMPLOYEES OF THE MONTH



July

Rochelle Nard, Med Tech

Rochelle enjoys working with the elderly. She shares that sometimes the smallest task is really the biggest helping. She likes working with everybody and loves that everyone is so friendly.



August

Julianne Park, Server

Julianne enjoys working with the residents and getting to know the little things that matter to them. She also plays the violin and occasionally plays it for Sunday church services at Renaissance Village Murrieta.



September

Jennifer Cloutier, Med Tech

Jennifer loves working at Renaissance Village Murrieta because the staff is friendly and the administration is very hands on and involved unlike other communities she's worked at. Her favorite part is working with the residents in Villa Lago.

Living with Early Memory Loss Series



This series is great for families experiencing early memory loss. We will cover what you need to know, what you need to plan and how to navigate this chapter of your life.

October 12 at 11:30 a.m.

November 9 at 11:30 a.m.

*RSVP to Secure Your Spot Today!
Call (951) 319-8243*



KEEP YOUR FAMILY & FRIENDS CLOSE THIS HOLIDAY SEASON!

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. What rooms do ghosts avoid?
2. Why didn't the Mummy have any friends?
3. Where do turkeys go to dance?
4. If April showers bring May flowers, what do May flowers bring?
5. Where does a polar bear keep his money?
6. What happened when the icicle fell on the snowman's head?
7. What do you get when you cross a snowman with a vampire?

1. The living room. 2. He was too wrapped up in himself. 3. The Butter Ball. 4. Pilgrims. 5. In a snow bank. 6. It knocked him out cold. 7. Frostbite.



Eileen and her husband, Joe, dancing together at RVRB.

A Personal Experience with Dementia

By Eileen, RVRB Family Member

It has been my personal experience as well as observing others' experiences with the same issue--the penchant that Alz/dementia sufferers have for asking the same question over and over again—that this behavior is probably one of the most difficult to deal with. I think, too, that it is so difficult because it seems to start early in the disease, at least in my experience/observations.

Early on in the disease makes it even more difficult, I believe, because there is so much of the “original” person still evident and it is frequently hard to equate this (irritating) behavior with the “normal” person who is our loved one. It seems to be one of the behaviors that causes the family members the most stress.

One day, several years before Joe moved into R.V. I had what I now refer to as an “epiphany” regarding this behavior, a “realization” if you will. It had been a

difficult day with him sundowning and being generally irritable. After asking the same questions over and over again I was resorting to just ignoring him to preserve my sanity.

When I actually paid close attention to his questioning, I realized that although he sometimes asked the question a little differently the subject/theme always remained the same. My big “revelation” was that he genuinely did not know he was asking me the same question over and over. To him, it was an “original” question each and every time.

He was seeking an answer to whatever was on his mind at the moment. Once I realized that to him, this was an original question, I understood that he could not retain the answer but the need to have an answer was real for him.

So, I began treating his repetitive questions as if I had never heard them before. I gave him an answer each and every time he asked. That, in itself, made all the difference for me. I no longer was irritated/frustrated/stressed at having to give the same answer over and over again because I now understood it was an original question to him simply because he was not able to retain the answer. Once I let go of the irritation/stress I was creating for myself, it became just another way to communicate with him on his level.

For Joe, the repetitive questioning has since stopped as his dementia has deepened, but the lesson he taught me has stayed with me, helping me to better understand at least one small aspect of his disease.

Interesting **FACTS**

Did you know pumpkins are the most craved food during the autumn months according to the Weather Channel?

Did you know there has never been a film with Autumn in its title to win an Oscar?

Did you know Americans most often refer to this time of the year as Fall while the British use the term Autumn instead?

Did you know there is actually no use of pumpkin in pumpkin spice? It's actually a mixture of ground cinnamon, ginger, nutmeg, allspice and cloves!

Did you know that in Celtic tradition people would dress in costumes to hide from ghosts?

RENAISSANCE VILLAGE!



Attendees playing bingo at our Spaghetti Dinner & Bingo Fundraiser.



Pat and Janet enjoying lunch at the Pechanga Food Court.



Great group shot of our Villa Lago residents on 4th of July.



Jacob proudly shows off his dartboard score. Way to go!



Ed enjoying his lunch on one of our outings.



Residents enjoying the fire dancer's performance at our annual Luau.



Norma, her daughter, & Colleen enjoying brunch at our Grandparents Day celebration.



Orlando is a huge USC fan! GO TROJANS!



Doris & Ashley in their floral shirts & leis.



Ethel and her family at our Grandparent's Day Brunch celebration.



Patricia, Colleen, and Roberta waving hello to the camera in Villa Lago.



John & his son enjoy watching football together.


RENAISSANCE
Village

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SAVE THE DATE!

Flu Clinic Sign Ups
October 2 & 9 at 11 a.m.

2018 Walk to End Alzheimer's
Temecula Valley High School
October 7 at 8 a.m.

**Living with Early Memory
Loss Seminar Part 2**
October 12 at 11:30 a.m.

Flu Clinic
October 15 at 2 p.m.

Halloween Trick-Or-Treat
October 31 at 4 p.m.

**Living with Early Memory
Loss Seminar Part 3**
November 9 at 11:30 a.m.

Thanksgiving Dinner
November 15 at 4 p.m.

1st Annual Candlelight Ceremony
November 16 at 4:30 p.m.

Holiday Brunch
December 15 at 11:30 a.m.

**Call (951) 319-8243 or speak
to the concierge to learn more.**

OUR TEAM

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