

Renaissance Lifestyle

WINTER 2019



Caring for Someone with Mid-Stage Alzheimer's Three-Part Series

We're partnering with the Alzheimer's Associations California Southland Chapter to offer you another helpful and informative three-part series. This series will give insight on caring for someone with mid-stage Alzheimer's. The first class kicks off on Friday, February 8 at 11 a.m., followed by another class on Friday, March 8, and its final class on Friday, April 12. Don't miss out on this great series. RSVP with concierge today!

SHARE THE LOVE!

LEAVE A REVIEW OF YOUR EXPERIENCE WITH RENAISSANCE VILLAGE ON OUR SENIOR ADVISOR, FACEBOOK, YELP OR GOOGLE REVIEWS PAGES!



Executive Director's Corner

Dear Residents, Family and Friends:

Happy New Year! Can you believe we're already in 2019? We're also coming up on our 2nd Anniversary since we opened. I'd like to thank each resident for choosing to call Renaissance Village Murrieta home. We appreciate your love and support for the community.



The Renaissance Family continues to grow with residents and staff. We'd like to welcome all our new employees! Welcome to our new caregivers, Michelle Anderson, Shariffa Remmah Maidin, Lexis Narvaez, and Victoria Vicencio. We also add servers, Alexis Colvin, Caila Duncan, Jocelyne Nunez, and Emily Sanchez. We welcome Lamar Morgan to our housekeeping team.

We're offering another three-part series on Caring for Someone with Mid-Stage Alzheimer's. Don't miss this informative class, RSVP with Concierge.

We'll be celebrating Valentine's Day with a Senior Prom on Thursday, February 14. We'll also celebrate Mardi Gras on Tuesday, March 5 and St. Patrick's Day on Sunday, March 17. We've got lots of fun activities and outings coming your way. Keep an eye out for dates and times!

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

Brian Taube, Executive Director

Resident Spotlight: Bobby R.



Bobby during his Resident Spotlight Interview.

Bobby R. was born on December 27, 1935, in Idaho Falls, Idaho. When he was three years old, they moved to Washington. He is the oldest of four children.

Bobby remembers that his younger brother would always tell all the bullies on the block “you better stop or I’m gonna tell my big brother!” His brother went on to become a Marine and protected Bobby instead.

He remembers his mother never worked outside the home, was very kind, and spent a lot of time at church. His father was the finest man you could ever meet. He loved everybody, and Bobby remembers his father being kind, considerate and nice to people. Bobby enjoyed going on picnics as a family, and would go fishing, and deer hunting in the fall with his father.

His family later moved to Portland, Oregon, and he lived there most of his young life. He enjoyed high school and made lifelong friends that he still talks to on a weekly basis. He was very involved in high school. He had his one radio show and sang baritone in a trio group called the Debonairs. He and his two buddies sang all sorts of favorite songs. They tried out for a talent show, but the Vietnam War draft was approaching. To avoid being drafted, he and one of his buddies joined the Air Force. Unfortunately, they weren’t able to sing when they got the call because of it.

Bobby enjoyed his time in the Air Force. He got to see the world, history, and all the things he’d read about. He spent a year on the Island of Guam and got to visit the Mariana Islands, Tokyo, Tachikawa, Wake Island, and Kwajalein Atoll. Bobby shares they had

days when things were testy and tough, but most of all it was an experience. He was also part of Strategic Air Command (SAC) and was in the security police. They maintained security on a flight light for all the bombers because they had Atomic bombs on them, and they needed to prevent them from getting into the wrong hands. He made rank quickly and discharged as Airman First Class.

Bobby anticipated going to Radio and TV Broadcasting school when he discharged. However, he married Donna, a girl that he dated in high school, a year before his discharge. They corresponded through letters while he served in the Air Force, and the two married. The two also had one son together named Scott. Donna and Bobby had good years and bad years, and after 30 years of marriage, they decided to divorce.

Bobby graduated from Sales Training Institute in Portland, Oregon. He learned he was good at sales and wanted to pursue it. After attending a family reunion, he received an opportunity to interview for a job in California. He interviewed and accepted a job working in a warehouse. However, he wanted to go out on the road. After some convincing, the company gave him a company car, insurance, and a gas card. He covered the areas of San Bernardino, Riverside, parts of Los Angeles and Nevada.

Bobby enjoyed raising his son, Scott. They went to football games and did all sorts of activities together. One of Bobby’s fondest memories were the times he would take Scott and his friends out sailing. They would sail to Catalina Island and spend the weekend fishing.

Bobby later went on to found Pacific Southwest Industries, a manufacturer representative company that represented plumbing industries from New York, Chicago, and other states within the Southern California and Nevada areas. The company later evolved to a distribution company. They would design and build plumbing pumping systems. However, the

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BOBBY CONTINUED FROM PAGE 2

recession hit and there wasn’t enough to go around. Bobby left the company and his son, Scott, took over. Scott helped continue running the company successfully, working with the Walmart corporation and other businesses. Scott retired at 56 and still consults for the company. Additionally, Owen, Bobby’s grandson, also has a hand in the company.

Bobby went to work for an industrial plumbing supplies company in Minnesota. As the company’s regional sales manager, he traveled the western United States from Montana to Alaska and Hawaii. Bobby took care of all of the regional equipment manufacturers and distribution centers. He worked for the Minnesota company for 4.5 years before receiving an offer he couldn’t refuse from a company in Ohio.

Bobby’s other grandson lives in Minnesota with his wife who is currently studying to be a teacher. He also has one granddaughter and a great-grandchild. He enjoys spending time with them all at the ranch his

kids purchased in the Tehachapi Mountains when he can get up there. Bobby has a mechanical aptitude and in his spare time he would make woodwork pieces. He made picture frames, chairs, tables, and if given the opportunity feels he could build a house. Additionally, Bobby also likes writing limericks and pieces that rhyme.

Bobby enjoys living at Renaissance Village Murrieta. He’s done a great job to go out of his way to become acquainted with everyone. He enjoys talking to people and makes it a habit of sitting with a different person each evening for dinner. Bobby also helps residents who are unable to drive by taking them out when he can. He shares that he was impressed with the staff his first day because everyone called him by his first name. Bobby thinks that team is friendly, and he cannot say enough about the servers in the dining room. He shares that at Renaissance Village Murrieta, you wake up every morning happy.

EMPLOYEES OF THE MONTH



October

Olivia Chacon, Housekeeper

Olivia loves that the managers are always here if they need them. She loves talking with residents and hearing about how they grew up or what they’ve done in their lives.



November

Debbie Hendrickson

Debbie loves working with our residents. She loves making them happy and taking special care of them. Debbie recognizes they’re our history and that’s special. She really admires the veterans.



December

Patty Mejia, Housekeeper

Patty loves everything about working at Renaissance Village. It’s a new experience for her and she loves how beautiful the building is. Patty loves working with resident and getting to know them. She also enjoys the teamwork among her co-workers.

RENAISSANCE VILLAGE!



These ladies had a great lunch outing at Pat & Oscar's.



Our veteran residents were honored at our Veterans Day Celebration.



There's nothing better than cocoa and good conversation.



We had a sweet visit with one of our local girl scout troops.



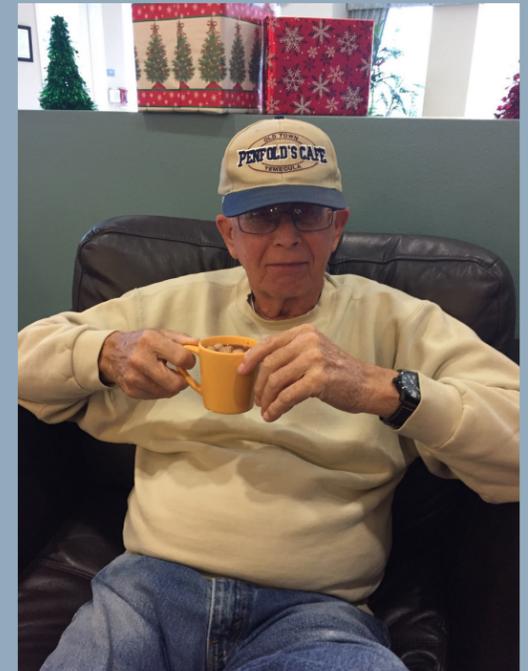
Matthew painted this beautiful Christmas tree.



Residents putting together treats for all of our trick-or-treaters.



Villa Lago residents enjoying a game of noodle ball.



Jake enjoying a nice cup of hot cocoa.



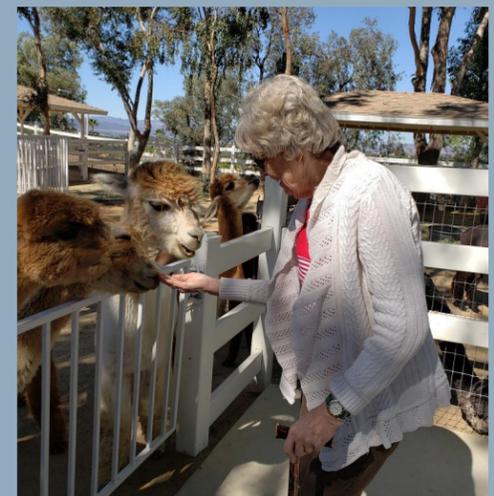
We salute our veteran residents for their service.



Ethel, Jackie, Sylvia, and her daughter enjoying a delicious Thanksgiving feast.



Chef Mariel always put together awesome Food Show presentations! We love watching!



We made friends with some lovely alpacas!

Home Care vs. Assisted Living

Most seniors want to stay in their homes forever. For some people that can work out for them, however, depending on the individual they may benefit from moving into an assisted living community. In this article, we'll look at in-home care vs. assisted living.

Seniors still living in their homes can receive **in-home care** by skilled nurses or caregivers. This service provides seniors with a caregiver that can help with activities of daily living in their own home. This type of care is non-medical and is seen more as companionship. Caregivers can engage seniors in activities and provide them with social interaction. Caregivers can give peace of mind to families with loved ones who have dementia or Alzheimer's by providing supervision.

In-home care companies can vary, but generally provide services such as house cleaning, meal preparation, help bathing, dressing, grooming, medication reminders, and help paying bills. Additionally, caregivers can assist with transfers, creating safe environments at home to aid fall prevention. Care is available 24 hours a day, seven days a week, and some services offer options for live-in help. This level of care is generally privately paid and billed on an hourly basis.

Private duty nursing care is a service provided one-on-one by a Registered Nurse or Licensed Practical Nurse in the senior's home. Seniors with disabilities, injury or chronic illness can benefit from this type of care. However, a doctor must prescribe this type of care. Unlike in-home care, private duty nurses provide care for diseases, traumatic brain injury, administering medications, vital sign monitoring, feeding tubes, catheters, and care needs like that. This level of care is long-term and is available 24 hours a day, seven days a week.

In-home care and **home health care** often get used interchangeably. However, the two are very

different types of care services. Home health care is physician-directed, short-term care that assists seniors recovering from a hospital stay, injury, or illness in their home. Seniors can receive physical or occupational therapy, medical social work, speech-language pathology or home health aide. A doctor must prescribe this type of service and it is available on a short-term basis.

Seniors who need assistance with their activities of daily living can benefit from living in an **assisted living community**. Residents of assisted living communities can live in a worry-free environment knowing their rent is all-inclusive.

Each meal they enjoy within the community is overseen by a team of cooks who can cater to their likes and dietary needs. Resident apartments may also feature a kitchenette that offers amenities such as a sink, microwave, and refrigerator.

In addition to 24-hour emergency call systems and a pendant, assisted living provides full-time staff, which also includes licensed nurses, to care for residents.

Assisted living communities understand that care needs vary by individual and have various levels of care available for residents. Should their care needs increase, the level of assistance they need may also increase. Support for activities of daily living includes bathing, using the restroom, grooming, dressing, and so on. Additionally, transportation for doctor's appointments, running errands and outings planned by the activities director outside the community is available.

The activities offered in assisted living provide opportunities for socializing and cultivating friendship with other residents. Residents can also enjoy activities outside of the community. Many activities directors also take residents on outings to the movies, lunch or dinner, theatre, and the list goes on. If losing your independence is something that

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BRAIN TEASERS

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

1. When you look for something, why is it always in the last place you look?
2. What has to be broken before you can use it?
3. I'm full of keys but I cannot open any doors. What am I?
4. Timmy's mother had three children. The first was named April, the next was named May. What was the name of the third child?
5. What kind of coat can you only put on when it's wet?
6. How many months have 28 days?

1. Because when you find it, you stop looking! 2. An egg 3. A piano 4. Timmy, of course! 5. A coat of paint 6. All months!

HOME CARE CONTINUED FROM PAGE 4

worries you about assisted living, know that there are plenty of opportunities for you to maintain your independence.

Senior can thrive in assisted living at Renaissance Villages in Rancho Belago or Murrieta. Rent at Renaissance Villages is all-inclusive for residents, which also includes utilities, social activities, exercise and wellness programs, laundry, housekeeping, and more.

Our resort-style assisted living communities are designed to meet residents' care needs. While their apartment is their own, we encourage residents to consider the community as a whole as home. The common areas located throughout the community are available for residents and their families to make more memories here. Our activities directors provide fun, engaging, and educational activities for every day of the week.

To learn more about Renaissance Villages' assisted living communities, schedule your tour today!

EMPLOYEE OF THE YEAR: JULIANNE PARK

At the end of each year, Renaissance Village Murrieta takes time to recognize an outstanding employee that has worked hard in exemplifying the Renaissance Lifestyle. This year, we would like to congratulate Julianne Park, Server, on winning Employee of the Year.



Julianne with her Employee of the Year plaque.

Upon receiving this award, Julianne was surprised but thankful. She shares that she's blessed to work with the residents and employees here. "The residents have helped make it a great experience," Julianne said. "A huge thank you goes to my mother because without her I wouldn't know about Renaissance Village."

Shanel Williams, Server, wasn't surprised Employee of the Year went to Julianne. "She's a very bubbly person. She's a hard worker and the residents love her," Shanel said. Shanel shares that Julianne always does the best she can to make sure residents are comfortable and satisfied.

Mariel Correa, Director of Dining Services, shares that Julianne is a great and reliable employee. "Julianne is always smiling, she's respectful, patient, and is continuously improving," Mariel said. "She totally deserved to win Employee of the Year."

Brian Taube, Executive Director, shares that Julianne always has a great attitude. "We're grateful for her to be part of the Renaissance family," Brian said. "She does everything with a smile and is attentive and kind to residents."

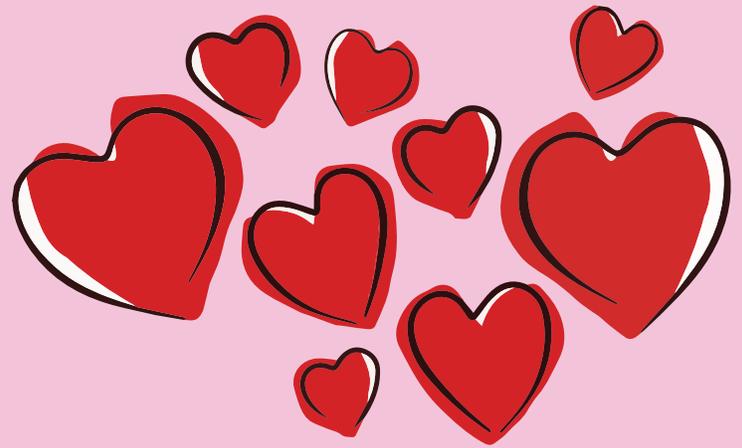
Julianne, we so appreciate all of the hard work that you do in connecting with and serving residents in the Dining Room. Thank you for your excellent example in upholding the Renaissance Lifestyle. Congratulations on winning the Employee of the Year.



MURRIETA
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SHARE THE LOVE

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

SAVE THE DATE!

**Caring for Someone with
Mid-Stage Alzheimer's Part 1**
Friday, February 8 at 11 a.m.

Valentine's Day - Senior Prom
Thursday, February 14

Mardi Gras
Tuesday, March 5

**Caring for Someone with
Mid-Stage Alzheimer's Part 2**
Friday, March 8 at 11 a.m.

St. Patrick's Day
Sunday, March 17

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

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