

# Renaissance Lifestyle

SUMMER 2019



## Aloha from Renaissance Villages

It's that time of the year again! We're hosting our annual Luau on Saturday, August 31 at 4:30 p.m. We invite you to hula on over and enjoy some delicious Hawaiian treats and amazing Polynesians dances and outfits. We'll also be selling raffles tickets for fabulous prizes. All raffle ticket proceeds will go toward the 2019 Walk to End Alzheimer's. Call (951) 379-0100 to RSVP!



## Together, We Can End Alzheimer's

Join Team Renaissance Villages in the fight against Alzheimer's. We're participating in the Alzheimer's Association's 2019 Walk to End Alzheimer's on Sunday, September 22 at 8 a.m. at Hunter Park in Riverside, California. To join our team or make a donation, visit <http://bit.ly/TEAMRVRIVERSIDE19>. You can also support our team by purchasing raffle tickets at our Luau on August 31. See above for more details.

## Executive Director's Corner

Dear Residents, Family, and Friends:

The temperatures are rising, and I'd like to encourage you to ward off dehydration with your recommended eight glasses of water a day. Stay cool!



We've added a wealth of new care staff to the Renaissance Villages Family. Welcome to our new caregivers - Erica Alvarez, Nicole Garcia, Siya Gomez, Rose Hazel, Kristin Hernandez, William Lee, Patsy Mendosa, Dunia Parra, Chloe Quintana, and Ariana Schlax. Please also welcome our newest cook, Michael Llamas.

Thank you to those who have purchased snacks to help benefit our efforts toward the 2019 Walk to End Alzheimer's. There will be more opportunities to help us reach our goal at our annual Luau on Saturday, August 31 at 4:30 p.m. We'll have great raffle prizes you can score by buying raffles tickets. Additionally, we're hosting our Spaghetti Bingo on Saturday, September 14. Lunch is served at noon and bingo starts at 1:30 p.m. Bingo books are \$20 for residents and \$25 for guests. We hope to see you there!

*Happy Summer! I hope to see you around the community.*  
**Judith Pierfax, Regional Executive Director**

## **Resident Spotlight: Katherine G.**



Kathy G. during her Resident Spotlight Interview.

Katherine G. was born in South Bend, Indiana on July 31, 1931. She grew up in a lovely home with two loving, Christian parents. Her father was a Boy Scout executive over several different districts, which caused their family to move around a lot. They moved to Texas when Kathy was eight years old. Her family lived in several little towns there before moving to Oklahoma.

In Oklahoma her father oversaw a council of his own and completed his career there. Kathy also attended and finished both high school and college in Oklahoma. In addition to moving a lot, they also did quite a bit of camping during the summer. Each trip brought great education experience for Kathy and her younger sister. By the time she was 12, she'd already been to 36 of the states in the United States.

Kathy and her sister got along, but like any sisters they got in spats and disagreements. Kathy even recalls drawing a line down the center of their room. As they grew up, they put away their childish ways and got along a lot better. Kathy and her sister did chores and received an allowance. Later on, in high school she also babysat for their neighbors.

While attending the Oklahoma College for Women in Chickasha, Oklahoma, Kathy carried a newspaper delivery route. Which allowed her spending money to help pay for her expenses. She studied general education and art in college. She

enjoyed drawing and painting, and loved learning any type of art she could under her professors.

After graduating, she worked for a year in an attorney's office. The attorney also did taxes during tax season and she was able to learn how to do taxes during her time there. Kathy met her husband, Aaron, at a skating rink in Chickasha, Oklahoma. She shares there wasn't much to do there, and she enjoyed skating much more than going to see a movie. The two dated for about three years before getting married. Aaron served in the Army, but six months before they got married, he enlisted in the Air Force. He made a career out of it, serving for 20 years and retiring as a Senior Master Sergeant.

Aaron wasn't out flying during his time in the Air Force, he worked in food service as a cook. Kathy enjoyed the time he served in the Air Force as they got to move around a lot for his various assignments. They lived in Florida for a short time. While her husband served an unaccompanied year in Alaska, she lived with her parents. After that they moved to Wichita, Kansas before moving to Minot, North Dakota.

They also lived in Okinawa, Japan for three years. Kathy and her children loved the experience and enjoyed learning the culture. She liked interacting with the children. She taught in the local schools and helped with English pronunciation. When they returned to the United States, they moved to Sunnymead, California. Her husband's last stationing was at the March Air Force Base.

Kathy and Aaron have three children, two girls and one boy. Betty is the oldest girl and lives up near Sacramento, California. Both her son, Ronald, and youngest daughter, Laurie, live in Moreno Valley, California. Kathy really enjoyed being a mom and loved that she was

able to stay home with them as they grew up. She loved taking them camping and teaching them the things she learned growing up. Kathy didn't resume working outside the home until her youngest started school. She worked for a CPA firm in Downtown Riverside for 15 years, and then later went to work for Yeager Construction for another 15 years before retiring.

Kathy opened a shop in Crestline, California and she kept it open during the summer months. She sold her artwork, antique linens, and anything interesting she came across. However, when her husband, Aaron, passed away she sold the property because it became too much for her. She and Aaron were married for 51 wonderful years.

Kathy has six grandchildren and ten great-grandchildren. She sees the ones who live in Southern California most often because they get together every Friday evening for a family night. Kathy once enjoyed drawing

and painting canvas, she later moved onto decorative painting, but now she'll paint on anything that doesn't move. She also enjoys doing needlework. Her love of painting also allowed her to host and run painting classes.

Kathy lived in the Moreno Valley area long before she became a resident of Renaissance Village Rancho Belago. She's very familiar with the area, and since she still drives she likes to travel outside the community. Kathy loves the mountains the most and enjoys the beautiful views they provide. When she's in the community she enjoys attending the exercise classes and goes to the Bible Study on Sundays. Kathy shares that food in the Dining Room is good and that weekly housekeeping is great. She also says that the concierge and staff at the front are always available and helpful. Kathy also shared that it's comforting for her to know that there are staff around if you do need something.

## **EMPLOYEES OF THE MONTH**



**May**  
Precious H., Activities Assistant

Precious began as a volunteer at Renaissance Villages, and her hard work earned her a spot on our team. She is studying Criminology at Moreno

Valley College. Precious is also an explorer for the California Highway Patrol. She enjoys making residents laugh and goes to any length to make it happen. Precious shares that working with residents has taught her a lot of life lessons. When she's not working, she enjoys playing sports, hiking, working out, and spending time with her family.



**June**  
Jessica G., Memory Care Med Tech

Jessica's mother was 50 years old when she adopted her. Due to her mom's age, Jessica spent a lot of time caring for her. She naturally transitioned into working in the senior living industry and did so as a Med Tech for eight years. She enjoys working with her co-workers at Renaissance Villages because everyone is supportive and helpful in providing residents with the best care. She works in Memory Care and says it's the most rewarding at the end of the day. Jessica and her husband, James, have been together for 11 years, and they have two children, Makenzie and James. When she's not working, she loves spending time with them at the park.

# GREAT DAYS AWAITS AT RENAISSANCE VILLAGE!



Carolyn, Larry, and Smyrna dancing during Happy Hour.



John, his family and the Easter Bunny at our Easter Brunch.



Jane and her son and daughter-in-law on Mother's Day.



Jim, Margaret, and Jeanine enjoying Happy Hour.



Josefina and the Easter Bunny!



Anne & Geno enjoying a round of BINGO at Pechanga Casino.



What a beautiful day for a picnic and walk and roll at Lake Perris.



Ann and her fabulous flamingo!



A day out at the Western Science Center.



Jeanine and her sister, Beverly having some fun with balloons.



Where's the best place to get breakfast? Polly's Pies, of course!

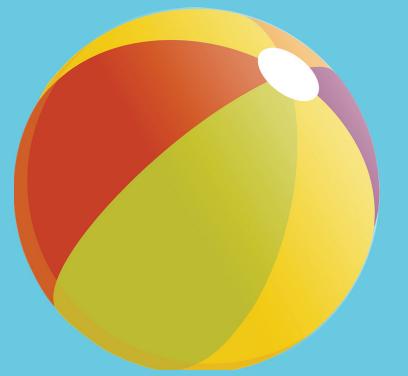


John and the big exercise ball.

## BRAIN TEASERS

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

1. If a red house is made of red bricks, and a yellow house is made of yellow bricks, what is a greenhouse made of?
2. What has to be broken before you can use it?
3. What always goes up but never comes back down?
4. What begins with an E but only has one letter?
5. You bought me for dinner but never eat me. What am I?
6. What has four eyes but cannot see?



## HAVE A BALL THIS SUMMER!

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

1. Glass, all greenhouses are made of glass. 2. An Egg 3. Your age 4. An envelope 5. Silverware 6. Mississippi

## SUDOKU

### MEDIUM

2			4					
		6			7			3
	7	3	8	6		4		
4	2				1			3
3			9					7
	6		2				9	8
		4		2	5	3	1	
6			3			5		
				4				2

### HARD

		8			7			
5						7		1
9	2		1				3	6
			8	7	2			5
		9				3		
1			9	5	3			
3	7				9		4	8
2		6						9
			7			2		

**SOLVE THE PUZZLES? CHECK WITH CONCIERGE FOR THE SOLUTIONS.**

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## Adjusting to Assisted Living



*Enjoy the amenities the community has to offer.*

Nobody likes being the new kid, or in our case, the new senior. Making a move to assisted living can bring on those same feelings you got on the first day of school. “I’m going to hate it.” “What if I don’t make any friends?” “I’m going to be all alone.” These are common thoughts everyone encounters. However, don’t let these thoughts keep you from moving forward. Adjusting to assisted living takes time, and is nothing to fear. Below we put together tips for seniors and their loved ones to help make adjusting to assisted living easier.

### Tips for Seniors

**Make Visits Before Moving In:** You don’t have to enter blindly into an assisted living community. Do visit the community you plan on moving into before moving in. Getting familiar with the community, fellow residents, staff, and activities will help when you do move-in.

**Make Yourself at Home:** Bring your favorite pieces of furniture and put up photos of your family members. Decorate your apartment to your liking, and enjoy your space. But don’t stop there! Venture outside your apartment, and enjoy the amenities and activities the community offers.

**Resident Ambassadors:** If your community has resident ambassadors, take advantage of the time they spend with you. These residents can provide helpful insight and advice. Resident ambassadors can also help new residents make friends and a better transition into the social life of the community.

**Participate in Activities:** Assisted living communities offer a variety of activities for residents to participate in daily. Find activities you enjoy at the community and

engage with others. Taking part in activities allows you to meet others who share common interests.

**Invite Family & Friends Over:** Don’t forget to invite your friends and family over for a visit. Common areas, private dining, and your apartment itself are great areas for entertaining guests from outside the community.

### Tips for Family Members

**Encourage Your Loved One:** It takes time to adjust to life in an assisted living community. Listen to what they’re experiencing and encourage them to participate in activities. They may not enjoy certain aspects of the community or the other residents, but don’t lose hope. Loneliness and homesickness are normal and will pass.

**Visit Your Loved One:** Be sure to give your loved one a little space the first couple of weeks as they adjust to their new home. However, as time passes make visits and share meals with your loved one. Making regular visits will allow your loved one to feel cared for by you.

**Take Your Loved One Out:** Depending on your loved one’s ability of independence, they may still drive and can venture outside the community on their own. Activities directors will also provide opportunities for activities or shopping outside the community. However, if your loved one needs more support, or even if they don’t, taking them on trips outside the community can be a fun affair. It’s a great opportunity to make special memories too.

**Keep Up Communication with Your Loved One & Staff:** Staying in contact with your loved one is important. Check in with how they are, how things are going, and what activities they love. Stay in touch with the staff regarding your loved one too. Since they interact and care for your loved one daily, they can offer insight that your loved one may overlook.

Adjusting to assisted living takes time. Don’t stress if your loved one isn’t settled right away. It can be expected. At Renaissance Villages, we are dedicated to creating great days for our residents. Our staff, in conjunction with our Resident Ambassadors, come alongside new residents in making sure they feel at home.



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## SAVE THE DATE!

**4th of July Lunch**  
*Thursday, July 4 at 12 p.m.*

**Annual Luau**  
*Saturday, August 31 at 4:30 p.m.*

**Spaghetti Bingo Fundraiser**  
*Saturday, September 14 at 12 p.m.*

**2019 Walk to End Alzheimer's**  
*Sunday, September 22 at 8 a.m.*  
*Hunter Park in Riverside, CA*

**Call (951) 379-0100 or speak to  
the concierge to learn more.**

*Stay in the know! Visit our website:  
<http://renaissancevillages.com>  
to sign up to receive our email newsletter.*

## OUR TEAM

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