

Renaissance Lifestyle

WINTER 2021

COVID-19 Vaccine!



COVID-19 Vaccines Approved in U.S.

During December 2020, the Food and Drug Administration (FDA) approved the use of two COVID-19 vaccines: Pfizer-BioNTech's BNT162b2 and Moderna's mRNA-1273. With these new vaccines approved safe for use, the United States is in the process of vaccinating Americans.

Renaissance Villages is partnering with CVS Pharmacy to set up vaccine clinics for residents and staff interested in receiving the COVID-19 vaccination. We are working out the details and reaching out to residents and families with consent forms to prepare for the vaccine clinics.

CORONAVIRUS SAFETY TIPS

- Use alternative forms of communication such as phone calls & video chat services to speak with loved ones.
- Practice physical distancing. Avoid physical contact & maintain 6 feet of distance between yourself & others.
- Avoid touching your face.
- Engage in good handwashing techniques. Wash your hands for at least 20 seconds with soap & hot water.
- Cough or sneeze into a tissue or your elbow.

Executive Director's Corner

Dear Residents, Family, and Friends:

Happy New Year! We're saying goodbye to 2020 and pressing on into 2021! The previous year was challenging with the Coronavirus



pandemic and the other obstacles it brought. However, we're looking forward to a fresh start in 2021. I also must extend my gratitude to our residents, families, and staff for your continued support throughout the year. We appreciate our Renaissance Village Family!

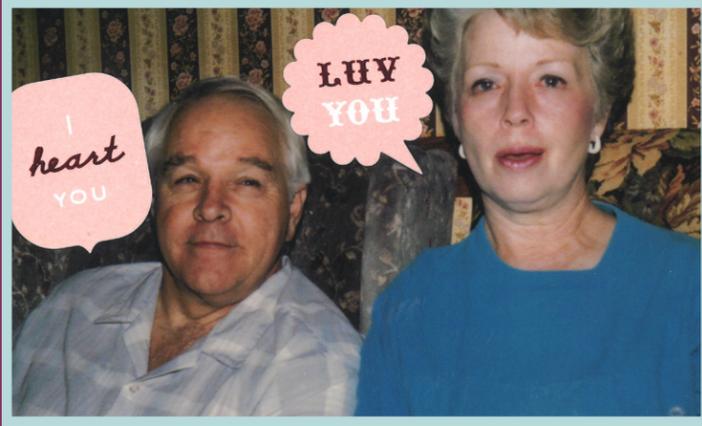
We're working towards setting up vaccine clinics with CVS Pharmacy to provide an opportunity for residents and staff interested in receiving the COVID-19 vaccination. We've been reaching out to residents and families to sign consent forms in preparation. If you have more questions regarding this topic, please reach out to the concierge.

Please also join me in congratulating our 2020 Employee of the Year, Marina F.! Thank you, Marina, for all of your hard work and dedication to upholding the Renaissance Lifestyle. You're a valuable member of the Renaissance Village Family!

Stay safe! We're here to help in any way we can!

Brian Taube, Executive Director

Resident Spotlight: Jan S.



A photo of Jan and her husband, Hugh, from her scrapbook.

Jan S. was born in a little town called Emerson, Nebraska, during the Depression. She was born in the middle of a blizzard, and when they told her eleven-year-old sister and nine-year-old brother that they had a little sister, her brother had lots of questions. Some of which included: “Couldn’t we have just gotten a new car?” and “is she going to cry a lot?” Jan grew up in a home filled with lots of laughter, singing, and love.

Her father was a pastor over two rural congregations in Emerson and Rising City. They later moved to Longview, Washington, and then San Diego, California. Being a pastor’s kid was fun at times, but not always. She shares her father told them to be themselves; they were no different from any other people. Jan’s mother could stretch a dollar farther than anybody, and the local farmers would bring them fresh vegetables and chicken to eat. Despite living during The Depression, they never went hungry.

Jan wanted to be a nurse, but that wasn’t an option for her. There was more of a focus on education for men than women. Her mother was ill a lot while she was growing up. To help pay the bills, Jan applied for a job at Sears, Roebuck, and Co. She started at the bottom as a dispatch girl running proofs for ads and making sure the information was accurate. Her boss saw her creativity and offered to mentor her. Under his guidance, Jan thrived and basically received four years of college for free. Jan learned how to write

exciting things about garbage disposals, stoves, and refrigerators and worked there for six years.

While working there, she met the man who would later become her husband. A Navy Seal named Geno introduced her to a Navy officer named Hugh. Her attraction to Hugh was instantaneous, but the timing was off because she was already dating Geno. However, one Friday evening, she and Geno went to the Officer’s Club on Coronado Island for Happy Hour and dancing. Hugh asked Geno if he could dance with Jan, and after going through Hell Week, Geno was more preoccupied with drinking. Later that night, Jan drove Geno back to the base, and Hugh following close behind to take her home.

Hugh and Jan started dating in-between Navy cruises. He was stationed on a fleet tug and made trips to the South Pacific and the Panama and Suez Canals. Jan shares she was grateful that he was on a ship rather than in a foxhole. The two married in between Navy cruises. When Hugh left the Navy, he was a Full Lieutenant. He took a thirty-day leave to go to Ohio to care for his mother, who contracted cancer. While there, Jan gave birth to their daughter, Lucinda, or Lynn as she prefers.

A couple of years later, she had their son, Brian. Five years later, she had their son, Darren. She and her husband both agreed she should stay home with the kids. After leaving the Navy, he worked two jobs to make that possible. They had more of a focus on education for their children. As a result, she started a house cleaning business with a partner, and they cleaned houses for seven years. Her profits served as a college fund for her kids. Each got their bachelor’s degrees from Christ College in Irvine, California. Two of her kids also got their master’s degrees.

Lynn is a retired school teacher living with her husband in Murrieta. Brian, his wife, and son, Christopher, live

in San Marcos. Christopher is autistic and has a special place in Jan’s heart. When she was living in Nevada, she worked with special education, and it is a blessing to be able to use that experience with Christopher. Darren is a single father, and he lives in Reno, Nevada, with his three young children. He also has an older daughter from a previous marriage. She plans to get married this summer. Jan has seven grandchildren, which also includes two grandchildren in heaven.

Jan and Hugh were married for 59.5 years. She loved that he was a good family man, loyal, and loved her with all his heart. He was always involved with the kids and managed their sports teams. In the last five years of his life, he battled a terminal illness, which they believe resulted from radiation poisoning during his time in the Navy. She reflects that her faith is a cornerstone and it has helped her through many challenges.

In fact, in March 2019, she had a massive stroke. In the ICU, they gave her a TPA shot to break up a clot headed for her brain. She shared that the doctors and nurses believed she was fighting to live as she kept saying, “Please Jesus!” But in reflection, she was ready to go to heaven and to be reunited with her husband. Regardless, her faith has always gotten her through.

Jan enjoyed decorative painting and crafting. All of which came in handy as a Girl Scout and Brownie Leader. Jan reflects that painting gives you a different option for looking at nature in a whole new way. She enjoys seeing the beauty and evidence of a Creator in it all. However, her fibromyalgia diagnosis caused her to give up her love of painting as her hands don’t work as well anymore.

Before moving into Renaissance Village Murrieta, Jan lived in The Colony, but it was very lonely at times. She and her kids decided that Jan would move somewhere that she would have people around and medical care available if she needed it. Right away, she fell in love with our community, and she’s glad she moved in.

Jan shares while the last year was tough, it was tough on everybody. She does everything she possibly can to rejoice and be glad in each day the Lord makes and gives her. Jan enjoys the activities, especially trivia and Bible study. She’s very appreciative of Laurel, Activities Director, Laura, Beautician, and the administrative staff for all they’ve done to keep residents safe. She appreciates the staff members that showed up to work, and she tries to keep up an attitude of gratitude toward them for honoring and loving residents enough to come to work. It’s all been a huge sacrifice, and it’s blessed her.

Lastly, Jan shares that three men have hugely impacted her life. Those men are her father, her husband, and a man named Don, a former resident of our community. They all inspired her through their grace, faith, and courage they showed as they faced their terminal illnesses. All three will forever be in her heart.

BRAIN TEASERS

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

1. What do snowmen eat for breakfast?
2. What do you get when you cross a snowman with a vampire?
3. How was the snow globe feeling?
4. What do you call a snowman in the summer?
5. What do you get when an apple and a Christmas tree have a baby?
6. What’s a parent’s favorite Christmas carol?
7. Why couldn’t the Christmas tree stand?

GREAT DAYS AWAIT AT RENAISSANCE VILLAGE!



Karyl & Sylvia supporting our Hot Dog Fundraiser for Alzheimer's.



Residents gathered together on Veteran's Day to honor the brave men and women who fought for our freedom.



Janet's beautifully decorated Christmas tree.



We honored veterans with certificates and pins provided by Elizabeth Hospice. We are so thankful for their support.



Joy is thankful for being around all the wonderful residents & staff.



Laurel & Paula enjoy Mike Finn's live music with a dance on Veteran's Day.



Thank you to the Sons of the American Revolution for providing us with this cake.



Carol painting her ceramic Christmas tree.



Residents enjoying spooky live music out on the back patio on Halloween.



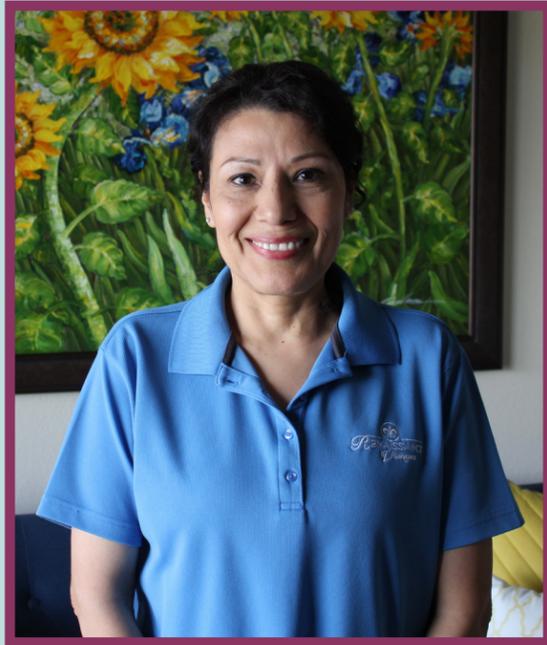
Jan painting a ceramic Christmas tree.



Ann enjoying her ice cream bar at our ice cream social.

THANK YOU TO OUR OUTSTANDING STAFF!

Employee of the Year 2020



Congratulations, Marina F!

Employees of the Month 2020

January: Shalini P., Med Tech

February: Marina F., Caregiver

March: Claudia R., Server

April: Jocelyn M., Med Tech

May: Irene B., Med Tech

June: Olivia C., Housekeeper

July: Kelly C., Server

August: Jennifer C., Med Tech

September: Julianne P., Server

October: Emmanuel E., Caregiver

November: Michele A., Med Tech

December: Dalila M., Caregiver

Renaissance Village Murrieta Partners with ONR, Inc.

Renaissance Village Murrieta is pleased to announce its partnership with ONR, Inc. This partnership now enables the community to offer therapy services to its residents and members of the surrounding area through ONR's TOUCH program.

TOUCH stands for Therapeutic Outcomes Using Caring Hands. The program's design helps promote independence by offering individualized care. This includes onsite concierge-styled rehabilitation therapy services, education, fitness, wellness, TOUCH signature programs, and care coordination. In addition, the program also provides an enhanced quality of life, greater satisfaction, and quick access to care.

What's great about this program is its ability to provide a full scope of therapy services with more personal interaction between the resident and therapist. In addition, we're able to offer a full-fledged outpatient clinic in our community. This onsite care also provides the added benefit that residents don't have to leave the community to get the therapy services they need.

Having licensed onsite occupational and physical therapists allows them to get to know residents and staff and serve as an additional resource. Furthermore, this model is also a form of proactive and preventative medicine by helping residents get ahead before small concerns become much larger. Programs include Dining With Dignity, Falls Reduction, Let Me See, Cognitive Behavioral Management, Post-Surgical Therapy, and Fitness and Wellness.

Trevor Stokes is the company's Director of Rehabilitation and is overseeing all services offered at ONR's new location at Renaissance Village Murrieta. He began his studies in kinesiology at San Diego State University. Upon graduation, he had the opportunity to do speed and strength coaching with various NFL teams, including the San Diego Chargers and Oakland Raiders. As his family grew with his wife, Tawni, he



Trevor, his wife, Tawni, & their 3 daughters.

decided to pursue a program through the University of St. Augustine to become an Occupational Therapist.

Trevor worked as a behavioral therapist in pediatrics for kids who have autism. He later took a break from working in pediatrics and made the switch to work in orthopedic and adult geriatrics, upon which he fell in love with this population of patients. Trevor shares that he thrives working with seniors and feels that his life is enriched by serving them. He later worked at a skilled nursing facility in San Diego before moving to Murrieta Health and Rehab to be closer to home and his family.

When Trevor heard about the opportunity to work with ONR, he jumped at the chance. He believes in the model they offer to be more accessible and provide an outstanding quality of care to seniors. He truly believes in what ONR offers and sees the great opportunity and potential for working with Renaissance Village Murrieta. He's been able to participate in various activities with residents in our community, and he's excited to work with residents and staff alike.

Trevor and his wife of 13 years have three daughters, Ava (9), Starlynn (7), and Natalie (4). He loves spending time with them, and they enjoy having dance parties, going on bike rides, and going camping adventures.

ONR works with all insurances. This outpatient services model at a senior living community is a newer concept, and the ONR team helps as a resource to work with your doctor and insurance to find what works best for you. Please stop by our rehab room, located around the corner from our medication room and beauty salon. Trevor is happy to answer any questions you may have about ONR's services.

MEDIUM SUDOKU HARD

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SOLVE THE PUZZLES? CHECK WITH CONCIERGE FOR THE SOLUTIONS.



RENAISSANCE
Village

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SUDOKU

VERY HARD

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

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