

# Renaissance Lifestyle

SUMMER 2021



## ONR, Inc. at Renaissance Villages

Have you stopped by the Physical Therapy Room lately? ONR, Inc. took residence there in December and is providing various therapy services for residents. Their unique TOUCH program allows residents to receive the services they need without leaving the community's comfort. Want to learn more? Stop by the Physical Therapy Room to chat about how ONR can work with you.

## CORONAVIRUS SAFETY TIPS FOR OUTSIDE THE COMMUNITY

- Wear a face mask, avoid physical contact & maintain 6 feet of distance between yourself & others unless fully vaccinated.
- 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:

We find ourselves in the middle of our hottest months of the year. You already know what's coming. Please be sure to hydrate, hydrate, hydrate! It's critical that you stay hydrated this summer, so please be on guard when it comes to this. Drink water with every meal, and I also encourage you to carry a water bottle with you.



We have several new and returning employees that I'd like to welcome to the Renaissance Villages Family. We welcome back Jessica B. to the wellness team as a caregiver. We also welcome Maria G. to the community as Director of Community Relations. She's no stranger to Renaissance Villages, as I worked with her while at Renaissance Village Rancho Belago. In addition, we welcome concierge Rebecca D. and servers Jarabey M. and Isis Y.

With California reopening on June 15, 2021, we are excited to see the light at the end of the tunnel a lot clearer. Again, we thank you for your support, patience, and understanding as we've navigated the last year and a half of COVID-19. We are continuing to work with the Department of Social Services and the Department of Public Health to decrease the spread of COVID-19, and we thank you for your help in doing so.

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

**Brian Taube, Executive Director**

## Resident Spotlight: Lumi R.



*Young Lumi (far left) & her family.*

She's known to family and friends as Lumi, but she was born Iluminada during the 1930s in the Philippines. Lumi is the firstborn among her two brothers and three sisters. As the eldest daughter, she enjoyed playing and creating adventures with her younger siblings. Lumi was a mischievous child, and her attempt to see what nuns wear under their habits got her sent to the principal's office. After she didn't come home, her mother came to collect her with an umbrella in tow, threatening that she would break all the windows if they didn't release her daughter. A memory that still makes her laugh today.

However, in 1943, just after the Japanese attacked Pearl Harbor, the Japanese also declared war on the Philippines. During this time, her father, a former orchestra leader, joined the United States Army to help the American troops regain control of the Philippines. She and her mother, along with her younger siblings, found themselves living at internment camps. Lumi helped her mother take care of the children until the war ended in 1945.

Thankfully, Lumi and all of her family survived the atrocities of war. But then, life in the Philippines was much different, which caused her father and mother to seek citizenship in the United States. Lumi decided to stay in the Philippines to finish her Bachelor's degree in Business Management for Finance and Banking at the University of the East.

After graduation, Lumi and her grandmother made arrangements to reunite with their family in

the United States. However, her grandmother was deemed too old to leave, and Lumi had to leave her behind. Unfortunately, they never saw her again. In 1953 Lumi reunited with her family and lived at her uncle's ranch in Garden Grove, California. Her uncle owned a few acres of strawberry fields, and she worked various jobs on the ranch.

Lumi began working in the accounting department at the Costa Mesa Water District. She soon after met a man named Raymond, who was also from the Philippines. Raymond worked as a chef at the Balboa Bay Club in Newport Beach, California. Lumi and Raymond got married in 1955 in Orange County. They have three daughters, Rosalind, Rebecca, and Roxie, who grew up in Huntington Beach, California. However, after 20 years of marriage, Raymond and Lumi decided to divorce.

Life went on for Lumi. She studied and received a certificate in purchasing. Lumi worked hard to become a purchasing manager at several companies.



*Lumi & her family - Mother's Day 2019.*

Her three daughters also went to college, married, and started families of their own. Lumi is a grandmother to seven grandchildren, three of which are triplets. In addition, she also has six great-grandchildren, which includes two sets of twins. Multiple births run in her family, starting with her mother, who has a twin brother, and they also have two younger brothers that are also twins.

These companies include Xerox Corporation, Apple Computers, Northrop, and Raytheon.

Many of Lumi's family members have also served in the military. In addition to her father's service to the U.S. Army during World War II, her brothers Tony and Milo served in the U.S. Airforce during the Vietnam and Gulf Wars. Her grandson, Jason, also served in the U.S. Army for six years, and her granddaughter, Brittany, served in the U.S. Airforce for 20 years before retiring in March 2020 as Master Sergeant.

Over the years, Lumi enjoyed gardening and reading. She especially enjoys reading books by John Grisham, and she had an expansive library of his books, which she graciously donated to Renaissance Village Murrieta when she moved in. Lumi also loves watching NASCAR, and her favorite racer



*A photo from Lumi's Holy Pilgrimage.*

is Dale Earnhardt Jr. #88. She always drove sports cars like the 1982 Datsun 280ZX and 1998 Acura Integra. She gave both cars to her grandchildren when she stopped driving at 86 years old. Lumi also loved playing the stock market. She invested in a lot of stocks and commodities and also bought real estate.

Lumi traveled throughout the United States for work, but she also traveled to Mexico several times and went parasailing. She also visited Alaska and Canada, where she attended the 1986 World Expo in Vancouver, which was also the last one in North America. She also traveled to Europe for a Holy Pilgrimage through Portugal, France, and Italy, where she visited Vatican City, Rome and met Pope John Paul II.

Lumi retired from Raytheon in 1996, but

she stayed busy by volunteering her time at Menifee Hospital and became the volunteer chairperson for two years. She also donated her time for the American Red Cross, and she read to children of all ages at the local schools in the Menifee School District.

After selling her home, Lumi moved to Renaissance Village Murrieta in April of 2017. She was the 17th person to call our community home. She enjoys participating in the many activities provided. Some of those that stand out are the annual Valentine's Day dance with local church groups and the Gone with the Wind event she helped with setting up. Lumi also loves Halloween when everyone gets to dress up. The last couple of years, she's dressed up as Peter Pan, a pirate, and Batman. She's lived in the community for four years, and she likes to do her exercises and still reads a lot. Lumi also occasionally attends Bible studies.

She also enjoys the Catholic Mass and looks forward to when it can return to the community. Lumi thinks the staff is friendly and respectful, but she misses the staff members who no longer work at Renaissance Village because they're like family. However, she looks forward to getting to know new staff members and seeing them become family too.

Lumi is always trying to get family members and friends to move to Renaissance Village Murrieta. She thinks the food is tasty and delicious, and the Dining Room makes her feel like she's in a fancy restaurant for every meal. She also loved that the staff treats her with respect. She likes that she can make some of her own choices and still feel independent. She knows that she's not as quick with her movements and doesn't hear well, but she believes that she's lived a good life. Lumi looks forward to people understanding more about who she is and what she's done and experienced in her wonderful years of life.

# GREAT DAYS AWAIT AT RENAISSANCE VILLAGE!



Karyl working on one of the many blankets residents put together to honor the sacrifice and bravery of our veterans for Memorial Day.



Angelina sharing her beautiful crotchet work with Karyl & Paula.



Dorothy P. all smiles as she checks out all the cars.



Arlene enjoying the fine stylings of Jimi Lee in the Dining Room.



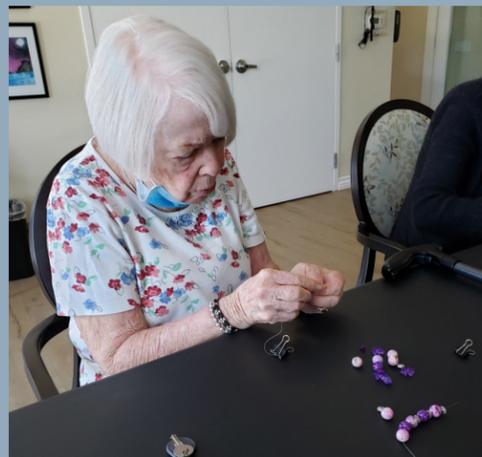
The moms in our community enjoyed a Mother's Day Tea.



Paula enjoying a margarita on Cinco de Mayo.



Laurel, Life Enrichment Director, presenting Ken with a blanket on Memorial Day.



Jan putting together a bracelet for the 2021 Walk to End Alzheimer's.



George and Britt talking at the Father's Day Car Show.



Louie and a nice red corvette at the Father's Day Car Show.



Jan talking with the owner of this sweet teal car.

# EMPLOYEES OF THE MONTH



## April

**Michelle A., Med Tech**

Michelle was a “domestic engineer” for almost 30 years before she took up caregiving. She wanted more purpose. Michelle got her CNA and began working for Renaissance Villages. She loves talking with residents and making them smile and laugh. When she’s not working, she enjoys playing computer games, gardening, and cooking. She and her husband, Brent, have been married for 27 years, and have three kids. Michelle loves working for a family-oriented company and appreciates being on a good team.



## May

**Donald V., Caregiver**

Donald V. pursued caregiving because he values life and found inspiration through his family’s work in the medical field. He believes there is unity in diversity and enjoys working as a team with co-workers. He works nightshift and enjoys hearing each resident’s colorful stories. When Donald is not working, he likes to treat himself. He gets massages, watches shows and movies, and spends time with his family. Next year he plans to return to the Phillippines to marry his fiancé, Rachele.



## June

**Reina A., Housekeeper**

This is not Reina’s first as an employee at Renaissance Village Murrieta. Reina has a strong dedication to her family and took time off to help her daughter care for her twins. Reina is a hard worker and her request came at no surprise to us. When she decided she was ready to come back we were delighted to welcome her once more. She is a great team player and does all that she can to care for residents’ needs. We so appreciate her diligence and work ethic.

# The Risks and Benefits of Sun Exposure in Seniors



Bobby and Paula enjoying some time out on the back patio.

Did you know that your skin is the body’s largest organ? Your skin alone can weigh up to 8 pounds and cover about 22 square feet! Furthermore, your skin covers your body and protects the vital parts of your body and its insides. As such, it’s essential to protect your skin from harm. Many say that the sun is one of your skin’s biggest enemies. However, the sun can also bring many benefits, especially to seniors. It’s essential to find balance in sun exposure and how to do it safely.

So, what are the risks? The sun can cause a myriad of problems for your skin, such as blemishes, loss of elasticity, wrinkles, and the big one: skin cancer, to name a few.

**Skin Cancer:** Skin cancer is an abnormal growth of skin cells. This abnormal growth occurs most often on skin exposed to the sun. Basal cell carcinoma, squamous cell carcinoma, and melanoma are the three major types. Early intervention is imperative, and it’s essential to have your skin checked for anything out of the ordinary.

**Heat Stroke:** Our body’s ability to regulate temperature properly becomes less efficient as we age. As a result, seniors are more prone to experience heat-related illnesses such as heatstroke. A senior may experience heat exhaustion, which is an early warning sign of stroke. Symptoms may include weakness, excessive sweating, tiredness, dizziness, muscle cramps, and headache. As it progresses, you may experience vomiting, nausea, fainting, and heat stroke, which can progress within 10-15 minutes. If a loved one is

experiencing symptoms of heatstroke, it’s important to dial 911. While you wait, it’s essential to do what you can to cool them down, take them over to the shade, drink cold fluids, or place cold cloths on vital areas such as their wrists, armpits, neck, and groin.

**Medication Issues:** Some medications can cause heat stress or other adverse effects, which can cause dehydration or prevent sweating. It’s important to talk to your doctor or pharmacist about how your medications may affect you and what to expect.

While there are risks to sun exposure, there are also many benefits too. See a few of the ways exposure to the sun can be beneficial for seniors.

**Stronger Bones:** Vitamin D comes naturally from exposure to sunlight. However, it’s one that many seniors are lacking. While Vitamin D-rich foods and supplements can be helpful, getting it directly from the sun is the best source. Vitamin D can help increase bone strength and combat conditions like osteoporosis.

**Improved Mood & Sleep:** Exposure to sunlight gives you a boost in serotonin, which regulates not only your sleep but also your memory, mood, and appetite. Furthermore, it also helps with regulating your circadian rhythm, which also enables you to sleep better.

So, with the risks and benefits in mind, it’s essential to make sure that you protect yourself when getting your needed dose of those beautiful sun rays. You can do so by spending your time outside in the shade. Furthermore, make sure not to spend prolonged time outside between noon and 4 p.m. as it’s the hottest part of the day. Wear a water-resistant sunscreen with a broad spectrum so that it protects you from both UVA and UVB rays. In addition, you should apply sunscreen generously and periodically. Wear light and loose clothing, and wearing a wide-brimmed hat can also protect your face and eyes. Whatever way you find yourself soaking up the rays this summer, do so safely!

# SUDOKU

## MEDIUM

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

## HARD

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

SOLVE THE PUZZLES? CHECK WITH CONCIERGE FOR THE SOLUTIONS.



**RENAISSANCE**  
*Village*

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## SUDOKU

VERY HARD

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

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