

# Renaissance Lifestyle

SUMMER 2021



## ONR, Inc. at Renaissance Villages

Have you stopped by the Strength Training Room lately? ONR, Inc. took residence there in May 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:

The heat keeps coming this summer, and we've already started experiencing excessive heat warnings. Please remember that it's critical to stay hydrated this summer. Be on your guard, and make sure to drink water at each meal! I would also encourage you to carry a water bottle as well.

We have several new employees to welcome to the Renaissance Villages Family. Welcome to the newest members of our care team, LVN, Cristina S., caregiver Melina D., and Med Tech Alyssandra J. We also welcome our new servers Jubilee P., Hailey R., and Andre G. Finally, we welcome our new concierge Tania N.

With California reopening on June 15, 2021, we are excited to see the light at the end of the tunnel becoming a lot brighter. Thank you once again for your patience, understanding, and support over the last year and a half as we've navigated 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!*

**LaTonya Davis, LVN, Executive Director**

## Resident Spotlight: Alphonse N.



*Alphonse and his wife, Beverly.*

Alphonse N. was born on April 30, 1930, in New Orleans, Louisiana. He was the second child of 10 children. Alphonse's parents had five boys and five girls. However, Alphonse did not live with his parents. He and his older brother lived with their grandparents. They were churchgoers, but they were not young enough to teach him how to dance. His grandfather was Catholic, and his grandmother was Baptist. Growing up, Alphonse attended Baptist services with his grandmother. They also had a minister who would come by the house and read the Bible to them.

Alphonse worked two jobs at a cabinet factory and the florist. The Army drafted him for two years, which he spent in Fort Sill, Oklahoma as a company clerk. He worked in the headquarters division and maintained the records for the batteries. Whenever they went to training or activities like that, he recorded it. Alphonse went through an infiltration course, and they told him to be careful because they shoot over his head. He remembers that while he was doing the crawling, his belt buckle came loose, and he was afraid he would get shot as they simulated the sights and sounds of the battlefield. He didn't want to stand up by the end of it because he was afraid his pants would fall.

He enjoyed his time in the Army, especially the food. However, his heart was back in Los Angeles, California, with his wife, Beverly. The two met when

they were teenagers and courted for two years before getting married. While he served, she would send him homemade candies, and he did everything he could to earn passes so he could go home and see her for a few days. Alphonse would pay other army men for rides because the Trailway and Greyhound buses were the only other option. He fondly remembers how much he related to Fats Domino's song "Goin' Home" during those times.

After the Army discharged Alphonse, he worked part-time at the florist. But the pay wasn't what he needed, and he didn't appreciate that he wasn't considered for a raise after he and Beverly had their first child. At that time, Alphonse took the test required to work for the United States Postal Service. They reached out to him with the interest of employing him, and he promptly quit his florist job with no notice, as he didn't think that the florist owner deserved it.

Alphonse had to wait a little while for the USPS to hire him on fully, but it proved to be worth the wait. Not only did the job pay more, but there was also a lot more room for advancement. They hired him on Christmas Day, and he proceeded to work for USPS for 30 years and six months. The USPS promoted Alphonse three times. He started as a distribution clerk, then a foreman, and finally a station manager. Before retiring from the USPS, Alphonse faced some health issues that prevented him from completing his job. His supervisor made some adjustments so that he could continue working, but he later decided to retire. They threw him a lovely party and provided hotel accommodations for him and his wife for a few days.

Alphonse shares that Beverly was a beautiful woman, and he loves her dearly. They were together for 67 years but married for 65 years. They had five children, three girls, and two boys. The oldest girl is Gwendolyn, then Rosaline, Derek, Peggy, and finally,

Brian. He enjoys being their father and is so proud of each of them. Alphonse remembers being so excited when Brian learned to walk and was surprised how his daughter, Gwendolyn, recognized him most when he was wearing his Army uniform.

Beverly and Alphonse did a good amount of traveling together. They went to Hawaii and on cruises to Cancun and other islands. He enjoyed riding Ferris Wheels and doing other activities with Beverly and their kids. The two also are abundantly blessed with about 35 grandchildren, great-grandchildren, and great-great-grandchildren. All of which live in Moreno Valley, California, or Georgia.

Toward the end of their life together, Beverly received a breast cancer diagnosis. Something neither she nor Alphonse expected, and it rocked their world. They moved into a two-bedroom home to better manage things. But although she received assistance from Kaiser and Cambridge Hospice throughout the process, Beverly passed away on

August 26, 2018. Something that she knew was coming even before she took her last breath, which always remained a mystery to Alphonse. He knew she was suffering, but it wasn't easy to let her go. He loves her dearly and cherishes the time they had together. He misses her immensely and proudly showcases photos of the love they shared in his apartment.

After Beverly passed away, living in their two-bedroom home became too much for Alphonse to maintain alone. He and his family had already thought about Renaissance Village Rancho Belago, and after comparing the costs to living at home, he decided to move into the community. Alphonse feels that the price is well worth it, considering the services he receives. He appreciates that the staff is cooperative and is thankful for all of their help over the last couple of years he's lived here. In his spare time, he enjoys reading his Bible and watching Netflix and the news.

## EMPLOYEES OF THE MONTH



**May**

**Teresa M., Housekeeper**  
Residents are like family to Teresa. She always provides the utmost care and dedication to providing excellent service to residents. Teresa likes to stay alert to their needs and works closely with caregivers in caring for residents. She's been a long-time employee and a tremendous asset to the Renaissance Village Family. This August, Teresa will be celebrating her sixth year with Renaissance Village Rancho Belago.

**June**

**Leanne M., Concierge**  
Leanne has a big heart for seniors, proved in the care she puts into her job. She continuously goes above and beyond to serve and get to know residents. Leanne is also crafty and has been able to bring that into her work as well. She's done a fantastic job creating other community fundraising opportunities for the 2021 Walk to End Alzheimer's. In addition, she's also overseen several arts and crafts classes for our residents.



**July**

**Omar P., Dining Director**  
Omar runs a tight ship when it comes to Dining. He works hard to bring the individualized care that Renaissance Villages offers into every avenue. Since becoming the Dining Director, he's taken a genuine initiative in creating incredible dining experiences for residents. His team pays attention to detail, and they've come together to put out unique spreads for our activities and the various fundraising events for the 2021 Walk to End Alzheimer's.

# GREAT DAYS AWAIT AT RENAISSANCE VILLAGE!



Anne supporting our Baking to Beat Alzheimer's fundraiser.



Lorna and Delores dancing at the Cinco de Mayo Celebration.



The Easter Bunny hopped on over to Renaissance Villages for our Spring Social.



Michael & Steven playing Bocce Ball.



Delores enjoying her chocolate cupcake!



Residents thoroughly enjoyed playing Connect4 at the Man Cave event.



Residents enjoying live entertainment by Endless Era at the Memorial Day Barbecue.



Carol and other residents created abstract art!



Michael telling Anita where to move next.



We celebrated the lovely mothers at Renaissance Villages with a Mother's Day Tea.



Celia creating her own hot fudge sundae.

# BRAIN TEASERS

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

1. Forward I am heavy, but backward I am not. What am I?
2. The eight of us go forth, not back, to protect our king from a foe's attack. What are we?
3. Why did the golfer wear two pairs of trousers?
4. What kind of coat can only be put on when wet?
5. I'm light as a feather, but even the strongest man can't hold me for more than five minutes. What am I?
6. First, I threw away the outside and cooked the inside. Then I ate the outside and threw away the inside. What did I eat?

1. A ton. 2. Chess pawns 3. In case he got a hole in one. 4. A coat of paint. 5. Breath 6. Corn on the cob.

**REFER A FRIEND AND BE REWARDED!**

Love the Renaissance Lifestyle?

EARN \$1,500!\*

Refer a friend to Renaissance Village Rancho Belago! After they move-in, you get a check!

Lic# #336426464

QUESTIONS? Ask the Concierge for more details!

\* Referral checks are paid after the resident has lived at the community for 90 days.

# The Risks and Benefits of Sun Exposure in Seniors



Residents enjoying a morning Walk & Roll outside.

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

HARD

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				1				
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	8	2		4	5			
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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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