

Renaissance Lifestyle

FALL 2021



Join Team Renaissance Villages

Have you joined Team Renaissance Villages for the 2021 Walk to End Alzheimer's? There is still time to register for the Temecula Valley's walk on Saturday, October 2, 2021! Visit <https://bit.ly/TEAMRVM21> to join our team or make a donation! Help us raise awareness and funds for Alzheimer's care, support, and research for this great cause.

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:

It's officially Fall! Hopefully, the weather will fall in line soon, and we can all wear our favorite sweaters.



We welcomed many new residents and staff over the last couple of months, so please be sure to make everyone feel welcome. I want to welcome Lizet Banuelos to the marketing team as our new Community Relations Coordinator. The Dining Room welcomes Lolha C. as our latest cook and Dayana G. and Alissa V. as our latest servers. In addition, we also welcome Melizza M. back as a caregiver with a plethora of new caregivers: Karla G., Sierra R., Ruby R., and Ashley V. We are happy to add each of you to the Renaissance Villages Family.

I would also like to remind you that we are fast approaching the 2021 Walk to End Alzheimer's on Saturday, October 2. If you are still looking for a team to join or would like to donate, please see the concierge or visit our team page at <https://bit.ly/TEAMRVM21>. Thank you for everyone's support this year! We hope to see you at Mount San Jacinto College on walk day!

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

Brian Taube, Executive Director

Resident Spotlight: Paula S.



Paula, her husband, Wayne, & their four children.

Paula S. was born in a little town in western Kansas called Dighton on October 11, 1929. She will be 92 in a matter of days and is proud of it. Paula is one of the four girls that made her father proud. She recalls that he always introduced them as his beautiful daughters, which always made them feel good. Paula was the second oldest, and while she and her older sister were closer in age, she was closer to their two younger sisters. She did the outside chores as her sister had asthma, so she fed the chickens and pigs and milked the cows. Paula preferred this arrangement as she did not have to do the dishes or clean the house. Her parents were fun, and in the evenings, they all went out to the yard and played kick the can and other running games.

In high school, she went steady with a boy named Wayne, their junior and senior years. After high school, Paula went off to Kansas City Art School to learn ceramics and pencil drawing figures. She returned home a year later and married her high school sweetheart, Wayne, at 18. Together they worked their farm, raising wheat, corn, milo (grain sorghum) feed, and cattle. Paula grew all their vegetables and canned everything for the winters. She also sewed all of their clothes with a peddle machine and then later an electric machine.

Wayne would wear a cowboy hat and boots and looked after the crops and the cattle. He liked to ride the horses and herd the cattle. Paula describes

him as the cowboy type, and there was not a thing she did not love about him. She shares that he was a good husband, stern enough to have good discipline but never mean. Paula says they were a good couple because he was an intelligent and good businessman and she was thrifty. They prospered when other farmers did not. There were complex parts of being a farmer because some years, you have less income if you do not get rain or you get hailed out. While other years you have a good crop and, in the end, everything comes out right.

Paula shares that another good part of farming is leaving for vacation whenever you want since you are your boss. Each summer, they would take a 2-week vacation with their kids and another family. Paula and Wayne had four children, but they lost one at a young age. They have two daughters, Terry and Brenda, and a son, Todd. They are all married and have families of their own. Paula has a total of eight grandchildren and 14 great-grandchildren. Brenda lives in Florida with her husband



Paula and all of her grandchildren.

because they love boating and the ocean. Terry lives in Arizona and teaches art. She also paints abstract art and recently won first prize in a local art show. Todd lives in Kansas with his family.

After their kids went to college, Paula and Wayne went on trips around the world with the same couple they went on road trips when their

kids were young. Paula shares that their most memorable trip was their first one. They drove from Brownsville, Texas, through Mexico City to the other coast and then up that coast before going back into Texas. The trip was about 50 years ago, and she remembers marveling over what they saw. It was an eyeopener of how different the living conditions were across the border at the time. They traveled to almost every continent together. The couples were in the process of planning their trip to Africa when Wayne was diagnosed with cancer, and unfortunately, they never made it there. Wayne and Paula were together for 56 years before Wayne passed away.

Paula stayed in their family home for three years, and the winters were so cold by herself. Her sister lived in Murrieta, California, so they both visited back and forth over the years. Paula's sister initially wanted her to move in with her, but Paula ultimately decided to move into a home in the Colony at age 78. This decision shocked her grandkids, but she went anyway. She had 12 good winters in the Colony, and she would go back to Kansas during the summers to experience the best of both worlds.



A few of Paula's oil paintings.

Paula did not lose her love for art back in art school. Once her kids were grown, she pursued a passion that she always wanted to pick up. She painted oil landscapes and later switched over to watercolor as she got older. Paula did many paintings. When she moved to California, her son came and took photos of all her work; 102 paintings lined the halls of her home. She gave away most

of her paintings to family, and the kids took turns choosing her pieces until they were gone.

While in Kansas during one summer, a doctor diagnosed Paula with stage IV ovarian cancer. Faced with this diagnosis, Paula was unsure of what to expect. Doctors shared insight that specialists in California were better, but she also received an objection from another oncologist that tried to convince her there was no hope. However, she knew that she was still here and would fight. She did nine weeks of chemotherapy and had surgery at Scripps before doing another nine weeks of chemotherapy. Many doctors recommend that you do not go through chemotherapy alone. Her daughter, Terry, and her husband helped, but Paula faced the decision of hiring around-the-clock care or moving into assisted living.

Paula ultimately decided to move into Renaissance Village Murrieta, intending to move back to her home after recovering. However, since moving to the community, she got busy having too much fun. Rather than moving back to her house, she sold it. Paula shares that the food is good, her washing is done, her apartment is clean, and there are fun activities all day long. She sees no reason to go back to living by herself at the exact cost.

Paula enjoys doing trivia and the various exercise classes. She and other residents made a real effort to ensure that they were all staying connected and gathering together safely despite the restrictions of COVID-19. In addition, Paula is also the President of the Resident Council, which resumed a few months ago. She oversees each meeting and works with residents to ensure their desires and concerns are addressed. Paula shares that she believes that Renaissance Village Murrieta is a really good place to be and one of the best assisted living communities out there.

GREAT DAYS AWAIT AT RENAISSANCE VILLAGE!



Peanut enjoying a spoonful of vanilla ice cream.



Paula showing off her piece from Art for All Ages.



The third Friday of each September is National POW/MIA Recognition Day. This year Laurel & Bobby shared the POW/MIA Remembrance Ceremony, which included a Missing Man Table.



On Patriot's Day, Ron Hallock celebrated American Heroes & discussed The War on Terror with residents.



Rae and Jackie enjoying Mike Finn perform at Happy Hour.



Colleen showing off the hat she decorated.



Many residents stopped by to watch the various pool tournament showdowns.



Karyl putting together seashell centerpieces.



The finals came down to Bobby vs. Trevor with Bobby coming out on top!



Rae enjoying a chocolate Biskuitroulade at our Taste of Austria.



Paula, Karyl, and Evelyn enjoying the Labor Day entertainment.

EMPLOYEES OF THE MONTH



August

Krysti M., Server

Krysti M. is a kind and hard-working individual. She worked as a server in the Dining Room with us for almost a year before deciding to start college this year. We enjoyed the time she spent with us and know that residents and staff alike will miss her. Krysti appreciated the positivity and kindness that she encountered from residents and staff. Her favorite part of working in our community was getting to know residents. She knows that the memories she made here are ones that she will remember for the rest of her life. When she was not working, Krysti enjoyed drawing cartoon characters and sewing. We wish Krysti well as she starts school this semester!



September

Victor M., Cook

Victor M. is a crucial part of the kitchen staff. He began cooking in 1975 to help his brother become a dentist. Before working here, Victor held various positions with Omni La Costa Resort & Spa, 24 Hour Fitness, and Pechanga Resort Casino. He enjoys working with Chef Mariel and Corrine because they have good communication, and he knows Chef trusts them. Victor thinks it is essential to treat the kitchen like it is your place and take care of it. He also enjoys working with residents because he knows they appreciate what he does and give honest feedback. Victor and his wife, Maria, celebrated 43 years of marriage this year. They have two boys, Victor Jr. and Omar, and both served in the Air Force. Victor enjoys playing sports in his free time and looks forward to cycling sessions on Saturday mornings with friends.

How to Help Seniors with Depression



Many do not seek help due to the stigma associated with depression.

The COVID-19 pandemic has wreaked havoc across our nation and world. With seniors considered among those most high-risk, there is a further need to do what is best to ensure safety. These decisions are no easy task, and both seniors and families struggle with them when it comes to following guidelines, physical distancing, and living in such a way that is new to many. COVID-19 has caused a plethora of challenges, and the top among them is mental health. Many are facing struggles with loneliness, anxiety, and depression. But how do we rectify and support those who may be experiencing these issues?

Depression is a mental health disorder that negatively affects how you feel, think, and act. Depression causes the individual to experience various feelings: persistent sadness, anxiety, hopelessness, worthlessness, guilt, or helplessness. In addition, those with depression may experience restlessness or irritability. Individuals may also have difficulty remembering, concentrating, making decisions, sleeping, oversleeping, or waking up too early. They may also lose interest in the things they once enjoyed doing. Individuals may also neglect their personal care. Eating more or less and fluctuations in weight can be signs of depression. In addition, thoughts of death or suicide or suicide attempts are severe signs of depression.

Should you or a loved one experience any of these signs longer than two weeks, it's crucial to consult your doctor.

There is a plethora of different factors that can contribute to the cause of one's depression. These factors include health problems such as disability, illness, cognitive decline, and severe or chronic pain. Isolation and loneliness can also cause depression and are causes that many seniors and individuals face amid COVID-19. A reduced sense of purpose, retirement, and losing a loved one can coincide with this cause. Fear is a massive driver of stress and can cause one to stand still rather than move forward. In addition, fear can also prevent an individual from seeking help due to the stigma associated with mental health problems.

Recognizing that your loved one may be depressed is not something that you should keep to yourself. It is crucial to be present and let your loved one know that they are not alone. Knowing that you have support is a relief for many people regarding their mental health. Encourage them and participate with them in activities they enjoy doing. Spending time and talking to your loved one is an excellent way of breaking down those walls of isolation and loneliness too.

Making a phone or FaceTime call can also provide that connection if being in person is not possible. Physical activity is also a great way to boost endorphins and your mood. Ask them to take a walk with you or do some other sort of exercise together. Lastly, you can encourage your loved one to seek out their doctor's help. Sometimes individuals need additional assistance, and their primary physician is a crucial resource.

Many are facing challenges from all sides, and it is important to know overall that you are not alone. We are here to support you in any way that we can. If you are experiencing any symptoms of depression, please reach out to a med tech, caregiver, or the concierge.

SUDOKU

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HARD

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SOLVE THE PUZZLES? CHECK WITH CONCIERGE FOR THE SOLUTIONS.



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SUDOKU

VERY HARD

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

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