

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 Inland Empire's walk on October 16, 2021! Visit <https://bit.ly/TEAMRVRB21> 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 is Fall in California, and while it is still warm, we are looking forward to the cooler weather. What is your favorite part of fall? I know I am ready to take out my sweaters and boots.

We added a few new faces to the Renaissance Villages Family. I want to welcome our new Wellness Assistants: Marlyn A., Jessica A., Samantha C., Bianca T., and Briana N. We also welcomed Julia M. as our new Business Office Manager. The Dining Room also welcomed Melissa R. as our latest server. Please be sure to make all of these new employees feel welcome.

We are super excited about the upcoming 2021 Walk to End Alzheimer's on Saturday, October 16. Thank you to everyone who has registered for our team, made donations, or supported us through one of our wonderful fundraisers this year. We appreciate your support for this important cause! If you have not yet joined a team or made a donation, you can do so by visiting our team page at <https://bit.ly/TEAMRVRB21>. In addition, we will also have an on-site Walk From Home at our community on the day of the walk. We hope to see you here!

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

LaTonya Davis, LVN, Executive Director

Resident Spotlight: Bernice K.

Bernice K. was born in Altoona, Pennsylvania, on February 7, 1927, in the home she lived in all her young life, just like her older sister and younger sister. Her father worked at the Freihofer Baking Company, and she used to love going to visit and smelling all the goodies they baked. She remembers her father bringing home doughnuts and other treats. Sometimes this included ice cream as the plant next store made and sold it. Bernice shared she spent a lot of time at the dentist.

Their house had a large basement, and the girls would rollerskate there when it was rainy or cold outside. On the side of the house, there was a grapevine that covered their whole side porch. They grew corn, green beans, radishes, onions, peonies, and rhubarb in the garden. All the time she spent in the garden gave her an appreciation for nature that she holds today. Each morning she wakes up and enjoys her view of the blue sky and all the white, fluffy clouds.

Bernice started school at five and faced a challenge in grade school. She had problems focusing, which she accredits to her immaturity and problems at home between her parents. Her mother tried to assist Bernice with her math, but it caused more problems. When she was in 7th grade, the school decided to hold her back a year, and she found that it helped her as she went on. Bernice remembers always having enough to eat and clothing, but there was no money for education. Nobody ever talked to her family about the importance of education. She shares they were more focused on getting them to church. They would go every Sunday, sometimes on Wednesdays, or another day for Bible study. However, since then, she gave up on a lot of those educational views.

For as long as Bernice can remember, she always wanted to be a nurse. She would take care of little kids that fell and would put band-aids on them. While in high school, World War II was getting ready to end, and Sylvania Electric Products offered students jobs to

make radio tubes for the Navy. Bernice worked there after school and on weekends to make money for nursing school.

One morning, Bernice was reading the paper, and she came across an advertisement stating that

the government was offering nursing school free of charge. There was a shortage of nurses as many went off to serve in World War II. Bernice had already taken the George Stein preparatory course for nursing, so she signed up for the county general hospital in Philadelphia, Pennsylvania. The nursing program accepted Bernice, and her parents drove her to Philadelphia to start this new life. When Bernice got there, she met another girl named Mary, and they became fast friends. The nursing program took great care of them and provided shelter, food, uniforms, and even a monthly stipend.

Bernice did well in the program and worked at the hospital for six months before Mary asked her to consider moving to California with her and their friend, Helen. None of the girls knew how to drive, so Bernice went down to the Department of Motor Vehicles and got herself a book. She learned how to drive by studying that book and passed her driving test. Two weeks later, the girls took off on the Pennsylvania Turnpike at 70 miles per hour. It took them three weeks to get to California. They made various stops to visit friends, horseback rides, and a myriad of other



Bernice's Nurse Headshot.

things. When they got to California, they stayed with Mary's sister while finding a place to live.

Not long after they moved into their apartment, Bernice shares that her roommates did not care for the friendliness she showed their dates. To combat this, they opted to marry her off, and she went along with it. Bernice ended up married to a Marine named Ed. Their marriage was not the greatest. But after some time, she went with her sister-in-law to look at Cinderella homes in Granada Hills, California, offered to veterans. After meeting some of the neighbors, she signed up for a home, and they moved the family there.

Ed and Bernice had two children together, a girl, Linda, and a boy, Richard. After 18 years of marriage, Bernice decided to divorce Ed. She raised the kids by herself, which was difficult. Over the years, Bernice worked for several different hospitals: Children's Hospital in Los Angeles, Hollywood Presbyterian, and West Valley Hospital. She liked working maternity and did so until she retired after 69 years of service as a nurse.

Early on, Bernice decided to buy a timeshare, which allowed her to get away and travel with her neighbors and friends. She went on several cruises to Alaska, Mexico, and the Caribbean. She spent time on the Holland America, Stardancer, and Azure Seas. Bernice also enjoyed going up to Avila Bay with her nurse friends and remembered trips full of giggles. She also took her son, Richard, and his wife to Hawaii with her timeshare. Bernice met a man named Don, who managed apartments in Panorama City. They partied together, and she enjoyed the time they spent together. He threw her retirement and birthday parties in his recreation room. They did not live together because it was not something she wanted to do.

Today, Bernice has two grandchildren and two great-grandchildren, Eric and Erin, but she does not often see them because they live out of town. However, she is close with her son,

Richard, who lives in the area and cares for her needs. Richard was originally a teacher, but when Bernice fell ill, he quit his job to help care for her. In 2017 Bernice started to feel unwell, and in 2018 she ended up in the hospital. She received surgery against her wishes and now has an ileostomy, which she must attend to for the rest of her life. Due to this condition, she spent time in a few other assisted living communities where she faced challenges with her health and issues with the care she received.

Bernice is an avid reader, and she shares that since coming to Renaissance Village Rancho Belago, she's read so many books. Her favorite book that she's read so far is "How To Be Happy For No Reason." Bernice enjoys eating lunch with Kathy and Ann, and she also enjoys talking with Carol. In addition to reading,



Bernice enjoying a snow cone.

Bernice enjoys writing. In reflecting on her life, Bernice realizes she's been through a lot of hell, but she finds herself pretty happy now because she decided it is what she needs to be.

Bernice is thankful to everyone who has helped her get this far in life. She appreciates the help of the med techs, caregivers, and employees like Jessica and Pam. Bernice also enjoys Anita's cheerful personality. Lastly, she is grateful for her son, Richard, who goes beyond the call of duty to make sure everything is well with her. She loves and appreciates his presence in her life.

GREAT DAYS AWAIT AT RENAISSANCE VILLAGE!



Noodle the therapy dog is an absolute sweetheart.



We celebrated International Chocolate Day with chocolate fondue.



Ray and Nancy enjoying the delicious Slice of Summer Formal Luncheon.



Steven enjoying the Strawberry Ice Cream he made.



Celia showing off her beautiful fall wagon wheel she made during Crafts with Leanne.



Louie was excited for the Slice of Summer Dessert.



Celia and Margaret making sweet tamales.



Arthur giving sweet Noodle some well-deserved pats and love.



Cathy showing off her gorgeous paper flower.



Carol enjoying a snow cone.



Bernice stirring the pot of her chocolate fondue.



LaTonya grabbing some shaved ice during NALW.

UNSCRAMBLERS

Try to unscramble these Fall related words.
Visit the Concierge for the answers.

1. RICED _____
2. BTECROO _____
3. RHDROCA _____
4. IEOFNBR _____
5. ACROWCERS _____
6. AELFIGO _____
7. VSHTARE _____
8. TEWSERA _____
9. WELRNSUFO _____
10. QLIRSEUR _____

**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.*

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

MEDIUM

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

HARD

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

SOLVE THE PUZZLES? CHECK WITH CONCIERGE FOR THE SOLUTIONS.



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SUDOKU

VERY HARD

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

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

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