

# ENCORE

# View

## ENCORE SENIOR VILLAGE NEWSLETTER

6280 Clay Street | Riverside, California 92509

call 951-360-1616 | web [www.encoresl.com/riverside](http://www.encoresl.com/riverside)

MANAGED BY ENCORE SENIOR LIVING

CA. Lic. #336423476



# Facts About Alzheimer's



**KELLIE PACHECO**  
Executive Director

Dear Families and Friends:

I have been approached by many families wondering what is going to happen next as Mom or Dad's disease progresses.

Below is an article from the Alzheimer's Association about the progression of the disease and what you can expect. Please know that everyone is different and so is every brain so the process may be a little different for each individual.

**Stage 1:** The person does not experience any memory problems.

**Stage 2:** Very mild cognitive decline. The person may feel as if he or she is having memory lapses – forgetting familiar words or the location of certain objects. But no symptoms can be determined during a medical examination or by friends or co-workers.

**Stage 3:** Friends, family and co-workers begin to notice difficulties. During a detailed

medical review, doctors may be able to detect problems in memory or concentration.

**Stage 4:** At this point, a careful medical interview should be able to detect clear cut problems in several areas including: forgetfulness of recent events, impaired ability to perform challenging mental arithmetic, such as counting backwards.

**Stage 5:** Gaps in memory and thinking are noticeable, and individuals begin to need help with day-to-day activities. At this stage, those with Alzheimer's may: Be unable to recall their address, be confused about what day it is, need help choosing proper clothing.

**Stage 6:** Memory continues to worsen, personality changes may take place and individuals need extensive help with daily activities. Individuals may not remember their own name, personal history, experience major sleeping changes, need help with toileting, personality and behavioral changes, delusions,

**Continue on page 2**

MAY/JUNE  
2011 EDITION

## Upcoming events

MAY

- 11th~Cocktail Hour with Music
- 19th~ Red Hat Social with Entertainment
- 20th~Tendar Loving Care Picnic with Emeritus
- 25th~Resident Birthday Party w/Robin
- 31th~Memorial Day Celebration with Music

JUNE

- 6th~Bingo w/Prizes
- 8th~Spa Day
- 15th~Lisa On the Piano
- 23rd~Resident Birthday Party with Kathy

**Ambassador Event Breakfast Club**  
May 23rd (sign up fee)

MORE EVENTS ON PAGE 3

At Encore, our nationally-recognized REDISCOVERY™ program is an innovative and progressive approach to the care of Alzheimer's disease and related memory care.

[www.encoresl.com](http://www.encoresl.com)

**Rediscovery**™  
COMMUNITY



## a note from our president

### The Value Of YOU

In our economic climate, consumers want their dollars to go further. They want to know that what they are receiving or purchasing has value.

So what is value? Value has many definitions and connotations.

val•ue (noun) 1: a fair return or equivalent in goods, services, or money for something exchanged; 2: the monetary worth of something; 3: relative worth, utility, or importance

val•ue (transitive verb) 1: a: to estimate or assign the monetary worth of; b: to rate or scale in usefulness, importance, or general worth; 2: to consider or rate highly

Value is a brand. Value is something people believe they deserve. As a manager of senior living communities, I know that our residents deserve all of the care and services we provide. What we provide on a daily basis in its own way, is a measure of worth and importance to each and every resident we serve.

How do we provide value to our residents? Each and every day with actions and words. We find out each and every resident's needs, concerns and situation and we care about finding the right solution for them. We value their individuality. We provide programs, services and care that allows for every person to feel valued and cared for.

PETER MUHLBACH  
*President, Encore Senior Living*

## WELCOME NEW RESIDENTS

David S. • Beatrice S. • Viva Darlene B.  
Virginia S. • Leslie H. • Alberta R. • Robert H.  
Ronald R. • Arthur C. • Rita B. • Samuel D.  
Dorothy S. • Joanne M.

### Kellie Pacheco Continued from page 1

repetitive behavior and tending to wander or become lost.

**Stage 7:** In the final stage of the disease, individuals need help with much of their daily personal care, including eating or using the toilet. They may also lose the ability to smile, to sit without support and to hold their head up. Reflexes become abnormal. Muscles go rigid. Swallowing is impaired.

We at Encore Senior Village are here to support not only your loved one but you as well. Please feel free to stop in for our personal support or to attend one of our two support groups each month.

*Thank you for sharing your loved one with us.  
-Kellie Pacheco, Executive Director*

We encourage you to attend our monthly Support Group Meetings. They are held every 2nd and 4th Monday of the month at 9:30 a.m. in the Activity Room.

**MAY 10TH AND 24TH  
JUNE 14TH AND 28TH**  
at 9:30 a.m.  
in the Activity Room



## Events

### MAY

**Mother's Day Celebrations** May 8th

**Cinco De Mayo Celebrations with Dancers**  
at 6:30pm May 5th

### JUNE

**Father's Day Luncheon w/Music** June 19th

**Gardening Club** June 20th

**Summer Beach Party** June 21st

## Marketing

# Happy Spring!

This is my favorite time of year. The days are longer which gives us more time to enjoy the beauty all around us. The residents are able to spend more time in the fresh air and enjoy the pretty flowers and sounds of the birds.

We are looking forward to honoring our wonderful residents who are Mothers with a Mother's Day Tea on Sunday, May 8th at 11:30 am in our Activities Room. Please join us to celebrate your Mother with us on that special day.

We will also be honoring our Fathers on Sunday, June 19th with a Father's Day Luncheon. Please join us in the celebration at 11:30 am in the Activities Room.

Please remember that Encore's Ambassador Program makes it possible for you to purchase a special gift for your loved one for any occasion. If you are not able to visit your loved one for Mother's Day or Father's Day, I would be happy to purchase flowers, make up a basket of their favorite items, or take them on a special outing. Please call us at (951) 360-1616 for more details.

*Happy Spring,  
- Lori Scott*



## Health Corner



### Heart Health

Without help, the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every 2 seconds without let up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs, and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps to regain normal rhythm. In this way, heart attack victims can get to a phone and, between breaths, call for help.

## Happy Birthdays

### RESIDENT BIRTHDAYS

#### May

- 2nd~Vivian P.
- 12th~Ronald R.
- 13th~Clare H.
- 15th~Peter B.
- 22nd~Florice B.
- 23rd~Julia V.
- 24th~Naomi D.

#### June

- 4th~Joseph S.
- 7th~Nicholas C.
- 9th~James K.
- 11th~Jane D.
- 19th~Gerald C.
- 23rd~Bobbie H.

### EMPLOYEE BIRTHDAYS

#### May

- 9th~Lori S.
- 16th~Virgen M.
- 21st~Lirio M
- 23rd~Mesha L.
- 31st~Jillian P.

#### June

- 11th~Rosalina A.
- 16th~Vicki R.
- 17th~Jessica M
- 23rd~Marian P.



## Resident Spotlight

# Robert M.

Robert M. was born on November 13, 1927 in Santa Ana, California to Clem and Elta. Robert later met and married his sweetheart of a wife, Enid in 1973 in Riverside, California. Enid and Robert are the parents of 9 wonderful children. Robert served our country in the Navy as a pilot and has many stories to share. In the past, Robert has enjoyed photography, traveling, reading and watching documentary movies. Robert also enjoys listening to classical, country and jazz music. It is a pleasure to have Robert residing at Encore Senior Village at Riverside.



## Caregiver Corner

# David B.

Encore Senior Village at Riverside is very fortunate to have David as a caregiver. He enjoys working in the “middle of the night” in Cottage 2 with our residents. David can be found at 2:30 in the morning fixing a cup of tea for a resident that can’t sleep. He is gentle and kind with the residents. He was born in Riverside and has two sisters. He enjoys living life to the fullest and working hard to meet his career goals.



## Special Times



## Caught You Caring!

Sinihia A. was born in Georgia. She was raised in Riverside, CA and the Moreno Valley area. Sinihia graduated high school in 2001. She loves to shop and dance. She is the mother of two beautiful baby boys, Jordyn, 5 yrs and Kaleb, 7 mths. Sinihia's favorite food is Mexican and she likes going out to movies and spending time with her friends. We are happy to have Sinihia as a part of our Encore Senior Village at Riverside team.

## Antoinette's Kitchen

### Chicken Vegetable Ratatouille

Start to Finish: 25 Minutes

Makes: 4 Servings

- ½ Teaspoon Jamaican jerk seasoning
- 4 Skinless, boneless chicken breast halves (about 1 ¼ pounds)
- ½ Cup canned unsweetened coconut milk
- ½ Teaspoon finely shredded orange peel (optional)
- ¼ Cup fresh orange juice
- 1 Tablespoon snipped fresh basil
- 2 Cups hot cooked rice
- 1 Tablespoon thinly sliced basil
- (Orange slices (optional))

1. Rub jerk seasoning evenly on both sides of chicken. Place chicken on the rack of an uncovered grill directly over medium heat. Grill for 12 to 15 minutes or until no longer pink (170 degrees), turning once halfway through grilling.
2. Meanwhile, for sauce, in a small saucepan, combine coconut milk, orange peel (if desired), orange juice, and the snipped basil. Bring to boiling; reduce heat. Simmer, uncovered, about 5 minutes or until sauce is reduced to ½ cup.
3. Serve chick with sauce and rice; sprinkle with sliced basil. If desired, garnish with orange slices.

**Per serving: 294 cal., 8 g total fat (6 g sat. fat), 66 mg chol., 108 mg sodium, 25 g carbo., 0 g fiber, 29 g pro.**

Enjoy!



# Thank You for Thinking of US



As a valued member of our family, you are very special to us. We truly appreciate your trust and confidence, and there's no better compliment than when you tell others about Encore Senior Village.

I am sure you remember the days when caring for your loved one meant that finding time to relax and take care of things in your own life often had to wait. And perhaps you know friends and or family that need a break or respite now. We want to help. Our "Help a Friend" Program enables families to refer a safe, secure and home-like setting to other families coping with Alzheimer's disease or dementia. With convenient Refer a Friend cards (ask your Marketing department), you can share with friends and family the support and care they need.

Ask the Executive Director for more details on this program. And look for a flyer detailing our "Help a Friend" program in your mailbox.



**Kellie Pacheco,**  
Executive Director

**Wendy Caudle,**  
Program Director

**Lori Scott ,**  
Marketing Director

**Linda O'Neal,**  
Life Enrichment Coordinator

**Alicia Padilla,**  
Office Manager

**Antoinette Chasman,**  
Food & Beverage Director

**Willie Aguilar,**  
Maintenance Supervisor

CALL OUR TOLL-FREE MESSAGE LINE TO SHARE  
COMMENTS AND CONCERNS. 1-888-261-6345

## OTHER MEMBERS OF THE ENCORE FAMILY.....

Calaroga Terrace Portland, Oregon 503-234-8271	602-787-0800 Encore Senior Village Peoria Peoria, Arizona 623-876-8300	Sierra Vista Victorville, California 760-243-2271
Canyon Hills Club Anaheim Hills, Cali- fornia 714-914-2226	Encore Senior Village Portland Portland, Oregon 503-492-6942	Encore Senior Village Tucson Tucson, Arizona 520-320-7505
Millcreek Retirement Salt Lake City, Utah 807-288-0700	Encore Senior Village Riverside Riverside, California 951-360-1616	Valley Crest Residential Care Apple Valley, Cali- fornia 760-242-3188
Encore Senior Village Paradise Valley Phoenix, Arizona		

ENCORE SENIOR VILLAGE  
6280 Clay Street  
Riverside, CA 92509