



WESTMONT® Meadow Oaks of Roseville

inspired retirement living®

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Meet the Team

Executive Director	Kristine
Business Office Director	Tanysha
Compass Rose Program Director	Ana Marie
Culinary Director	Genaro
Maintenance Director	Artie
Compass Rose Lifestyle Director	Rosa
Lifestyle Director	Gail
Community Relations Director	Deborah



Irene B., Bill Y. And Dolores M. To Our Community

Aging Achievement

"To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent—that is to triumph over old age." —Thomas Bailey Aldrich

September 2017

Positive Inspirations From Meadow Oaks

September is Healthy Aging month. So what does that mean? It simply means that we should live life to its fullest potential.

Living life may be life-changing experiences that will help people grow in many ways, for example physically, mentally, emotionally, intellectually or spiritually. Traveling, being adventurous, building new friendships, learning something that fascinates you, etc. are prime examples as well. Having these experiences may also motivate others to challenge themselves in a positive way.

Take this month and reflect on what you have been doing or have done to live life, and are you giving it your best shot? You are in charge of your own life and happiness.

What Does Living Life to Its Fullest Potential Mean to You?

George ~ "Keep eating, loving and traveling."

Angie ~ "Be spontaneous every now and then to liven things up."

Edith ~ "Find the right man to love. A man who will love you."

Selena ~ "Take risks because when you're always staying safe then you miss out on the good stuff."

Jack ~ "Be a millionaire or more than that."

Gerry ~ "Make up your mind to be happy."

Jackie ~ "Eating better and doing daily activities."

Freddie and Katie ~ "Camping, fishing and having children is what we did."



Compass Rose at a Glance



ALOHA From Our Hawaiian Dinner



Spotlight on Alzheimer's



**Burgers, Shakes and
BINGO Thursday,
September 14th, at 4:30
p.m. All Proceeds Will Be
Donated to the
Alzheimer's Association.
Tickets and Raffle Tickets
May Be Purchased With
Our Concierges. Together
We Can Make
a Difference!**



Compass Rose Meet and Greet Patricia



Patricia Ilene Jensen (Patty) was born on March 17, 1934 in Bethel Township, Pennsylvania. The family moved to Sacramento, California when she was small. Patty had two

Walk to End Alzheimer's

If interested please notify Rosa, our Compass Rose Lifestyle Director, at crlldmeadowoaks@westmontliving.com and sign up at ALZ.ORG and under team name

Meadow Oaks of Roseville.

Note: We will all meet in front of registration table at 8:30 a.m.

When: Saturday, September 23, 2017

Time: Registration at 7 am

Ceremony at 8:30 am

Walk at 9 am

Route Length: 3 Miles or 1 Mile Shortcut

Location: Capitol Park
Corner of 13th and N Street,
Sacramento, CA 95814

sisters and two brothers. Patty graduated from Grant Union High School in 1951 and went to work for the telephone company until she began to start a family.

Patty has one daughter and three sons. Patty was very devoted to her family. She was an elementary school secretary for many years. After retiring, she enjoyed living in Malaysia for a year, traveling in a RV around the United States and going on cruises.

Patty will be the lady trying to take care of everyone and making you laugh. She is enjoyed by her new friends at Meadow Oaks and loved by her family.

Wit & Wisdom

"How beautiful the leaves grow old. How full of light and color are their last days."

—John Burroughs

"Every leaf speaks bliss to me
Fluttering from the
autumn tree."

—Emily Bronte

"Never say there is nothing
beautiful in the world anymore.
There is always something to
make you wonder in the shape
of a tree, the trembling of
a leaf."

—Albert Schweitzer

"Autumn is a second spring
when every leaf is a flower."

—Albert Camus

"There's no better designer than
nature—if you look at a branch
or a leaf, it's perfect."

—Diane von Furstenberg

"In school, I could hear the
leaves rustle and go on
a journey."

—Clint Eastwood

"Now autumn's fire burns
slowly along the woods,
And day by day the dead leaves
fall and melt."

—William Allingham

"Change your opinions, keep to
your principles; change your
leaves, keep intact your roots."

—Victor Hugo

