

# THE HIGHLANDER

Volume 6/2018

June, 2018



## *HAPPY FATHER'S DAY* *JUNE -DISCOVER the Magic of Hawaii* *& the Joy & Relaxation of Music*

On June 17th, we celebrate Father's Day! Fathers, residents, family and friends, - escape to Hawaii in our Garden Patio and Dining Room to celebrate Father's Day with Hawaiian flair surrounded by the magical sights and sounds of the Hawaiian Islands with tropical drinks flowing, and Chef Victor's Traditional Luau Style Buffet complete with roast pig. Following your Hawaiian feast, join us in the Garden Patio to experience Lokelani's Rhythm of the Islands, with authentic Hawaiian dancers ending their show with a spectacular Fire Dance.

***Discover the Joy & Relaxation of Music*** with the return of Pasadena Highlands Concerts on the Patio. This year's Concerts on the Patio performances will take place on Friday nights at 7:15 pm, beginning June 1st

with the Symphonics Classical to Pop show. On June 8th, rock 'n roll with Dean Dobbins Oldies but Goodies. Then on June 15th, pianist Mark Cole and vocalist Meagan McConnell bring you classical Broadway Musical Hits. On the 22nd, Concerts on the Patio presents the Pasadena Strings playing American Traditional Classics. June 29th ends the month of Concerts on the Patio with one of Pasadena Highlands residents favorite performers, The Ultimate Duo - Gale & Roland, who bring back the best music of the 30s, 40s, and 50s.

***Look inside this Newsletter for complete details and descriptions of all our June Programs, Events & Outings.***

## SPECIAL EVENTS

**Wednesday, June 6th at 2:00 PM**

**Food Talk - Theater**

Join Chef Victor on the first Wednesday of every month for an open forum where residents can discuss their dining experience. Following the meeting, join our Dining Services Director, Victor Pekson, for a personal tour of the kitchen.

**Wednesday, June 6th at 3:00 PM**

**Activities Meeting - Theater**

Join Denise to discuss this month's activities and share your ideas for upcoming events.

**Saturday, June 9th at 3:00 PM**

**The Belmont Stakes - Theater**

It's a chance for **Justify** to become the 13th horse to win **The Triple Crown!** Sip on a Belmont Breeze while watching **Justify** cross the finish line and possibly go down in the annals of Horse Racing History...

**Wednesday, June 9th at 3:00 PM**

**Resident Chat - 7th Floor Lobby**

**7th Floor Residents**, this is an opportunity for a one on one discussion with the Executive Director.

**Sunday, June 17th at 11:30 AM & 2:00 PM**

**Father's Day - Dining Room**

Fathers, residents, family and friends, - escape to Hawaii in our Garden Patio and Dining Room to celebrate Father's Day with Hawaiian flair surrounded by the magical sights and sounds of the Hawaiian Islands with tropical drinks flowing, and Chef Victor's Traditional Luau Style Buffet complete with roast pig. Following your Hawaiian feast, join us in the Garden Patio to experience Lokelani's Rhythm of the Islands, with authentic Hawaiian dancers ending their show with a spectacular Fire Dance. Return Reservation Cards to the Front Desk no later than Sunday, June 10th. **OPEN SEATING LIGHT SUPPER will be served from 4:30 - 6 PM**

**Monday, June 18th at 1:00 PM**

**Ukulele Concert - Garden Room**

Join resident and **Ukuleleist Janice Ho & Hai Aloha Na Malcamo Sage Ukulele Group** for an afternoon Ukulele Concert.

**Wednesday, June 20th at 3:00 PM**

**Resident Association Meeting - Theater**

Join our newly appointed 2018 president, Lauren Dana, and the new 2018 Board of Directors for their first meeting.

**Sunday, June 24th at 1:30 PM**

**Resident Birthday Party - Garden Room**

Join us for cake & ice cream to celebrate residents with May Birthdays. This month's entertainment features **Guitarist, David Kaufman**.



## NEW ACTIVITIES

**Daily, All Day Long**

**Puzzlemania - 4th Floor Lobby**

Meet residents in the **4th Floor Lobby** to **discover** new friends and the excitement of creating puzzles. On June 2nd at 1:00 PM, join us for Puzzlemania's Grand Opening. Refreshments will be served.

**Sundays, June 3rd & 10th at 1:30 PM**

**Painting with Joan - Garden Room**

Join resident artist and psychologist Doctor Joan DiGiovanni to experience the world of art. You may just become an artist yourself.

**Mondays, at 3:00 PM**

**Kozy Kitchen with Chef Victor - 3rd Floor Activities Room**

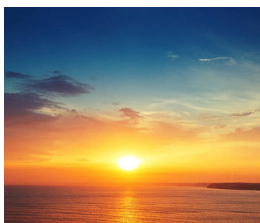
Join Chef Victor each week to **discover** new and exciting cuisines.

**Fridays, at 7:15 PM**

**Concerts on the Patio - Garden Patio**

**Discover** the joy and relaxation of music when you join us on the patio on Friday evenings.





## JUNE 2018 OUTINGS

For all OUTINGS you must sign-up in the Activities Book located in the Club Room.

### Music at Noon

Wednesdays at 11:30 AM

Pasadena Highlands Bus takes you on a trip to Pasadena Presbyterian Church for their weekly concerts.

Cost: Free

### Wal-Mart Breakfast

Thursday, June 7th at 10:00 AM

It's breakfast at I-Hop and then shopping for discount prices at Wal-Mart.

Cost: Bring \$\$\$ for breakfast + tip & shopping

### Paul Mitchell School of Beauty

Wednesday, June 13th at 2:00 PM

Gentlemen, join us for a shave & hair cut for \$5.00. Ladies, hair styles for \$12.00.

Cost: Bring \$\$\$ for Hair Cut, Hair Styling, Other Treatments + tip & products

### Lunch Bunch

Thursday, June 14th at 1:00 PM

Join Chef Victor for International Cuisine. This month we're off to **discover** China at Panda Inn in Pasadena

Cost: Bring \$\$\$ for dinner & tip

### Aquarium Pacifica

Thursday, June 21st at 10:00 AM

First, we will lunch at Bubba Gump Shrimp Company and then we're off to the Aquarium of the Pacific.

Admission: \$20.00 + Bring \$\$\$ for meal + tip

### Night on the Town

Wednesday, June 27th at 6:30 PM

Discover patio dining at its finest when we dine at Smitty's Grill & BBQ for American comfort food at its best!

Cost: Bring \$\$\$ for dinner & tip

### San Manuel Casino

Thursday, June 28th at 10:00 AM

Discover the excitement of winning the big jackpot; so, gather up your spare cash & coins and join fellow residents at the casino to see if you can win big to fund your next dream adventure.

Cost: Bring \$ for Lunch + Tip + Your Wagers



# HEALTH & WELLNESS

**Mondays - Saturdays all Exercise Programs at 10:30 AM.....Garden Room**  
**Mondays, Thursdays, Fridays & Saturdays.....Exercise with Marilyn**  
**Tuesdays & Wednesdays.....Exercise with Azu**  
**Tuesdays at 2:00 PM.....Yoga with Lucy - Theater**  
**Thursdays at 2:00 PM.....Yoga with Lucy - Garden Room**

**Tuesday June 5th at 9:00 AM**  
**Tuesday June 12th at 1:00 PM**

**Podiatrist - Fitness Room**  
**Podiatrist - Fitness Room**

Healthy feet; healthy you... Keep your feet in good shape. See the Podiatrist for your foot care needs. Note Well (Nota Bene) to better serve you Podiatrist Treatments have returned to the 1st Floor Fitness Room and will no longer take place in Apartment 430. Sign up in the Activities Book for your personal appointment.

**Tuesdays at 10:00 AM**

**Wellness Clinic - Fitness Room**

Pasadena Highlands Staff teams up with Rehab Care to help you stay healthy and fit through weekly monitoring of your blood pressure & weight.



# June Health & Wellness

## WELLNESS PROGRAMS

To enhance your health & wellness, there are many mobile programs available that provide services to you right here in the convenience of your home. These programs include: Dentists, Optometrists, Podiatrists, Hearing Specialists, and Massage Therapists. For more information on how to schedule your appointments, call Denise Reistetter at 626-791-1981, extension 16.

## HEALTH TOPICS

**Daily by Appointment**

**Speech-Language Pathology - Fitness Room**

Rehab Care will provide Speech-Language Pathology (SLP). This special type of Speech Therapy offers comprehensive evaluation and individualized treatment programs for residents who have developed speech, swallowing, or cognitive speech issues. This style of therapy will facilitate improvement of communication skills, alternative communication methods, and facilitate with safe oral swallowing. Call Pasadena Highlands to be connected to the Rehab Care Office to make an appointment for these services.

**Wednesday, June 6th at 3:00 PM**

**ALZ Support Group - 7th Floor**

Carol Sue Selinger, Gerontologist from the Alzheimer's Association, will conduct a support group for family, friends and caregivers of those affected with dementia and Alzheimer's.

**Fridays at 3:00 PM**

**Rehab Care's Senior Fitness Testing - Garden Room**

Pasadena Highlands celebrates World Health Month with Senior Fitness Testing sponsored by Rehab Care. Discover just how fit you really are when you attend this testing and screening that will provide you with steps towards improving and maintaining your health. Sign up in the Activities Book for your personal appointment.

# Health Topics

## DINING ROOM HOURS

**Full Service Breakfast**  
7:30 AM to 10:00 AM

**Lunch - 11:30 AM to 1:00 PM**  
**Café Menu - 1:30 PM to 4:00 PM**

**Happy Hour**  
4:00 PM to 6:00 PM

**Dinner**  
Seatings at 4:45 PM & 6:00 PM

**Al Fresco Dining on the Patio. Make reservations at Front Desk.**  
**Tray Service Available Daily - \$6.00 per tray**

**CONTACT THE FRONT DESK FOR TRAY SERVICE SCHEDULES.**

## CARMEN'S BEAUTY SALON

Tuesday through Saturday  
9:00 AM to 4:00 PM

**Call (626) 791-1981**

**to make an appointment.**

Last appointment is at 3:00 pm.

# June Birthdays

June	2	Robert Bridges
June	4	Robert Bollinger
		Louise Levy
		Virginia Johnson
June	6	Ingrid McMenomy
	8	Rose Marie Curtidor
		Betty Hinderer
June	14	Eunice Ernst
June	18	Joan DiGiovanni
June	23	John Owen
June	25	June Thomas
June	28	John A. Gresch
		Joan Peters
		Phyllis Soza
June	29	Shirley Hoffman
		Rod Stanley

## JUNE WELCOME TEA

Saturday, June 30th at 2:00 PM  
Welcome Tea - Garden Room



Residents - please join us for an afternoon of tea and friendship. Let's meet and greet our new residents as we welcome them into our community.



## RESIDENT BIRTHDAY PARTY

June 24th, at 1:30 PM in the  
Garden Room

with entertainment by guitarist  
David Kaufman

Celebrate!

## TRANSPORTATION SCHEDULE

Call or visit the front desk to schedule your transportation needs. For doctor appointments, the front desk receptionist requires your doctor's full name, phone number & complete address before they may schedule your appointment.

**Important Notice: For scheduling purposes, all Transportation Requests must be made on or before 4:00 pm of the previous day.** If you have transportation needs that are outside our listed schedules, please contact Denise one month in advance for special arrangements. A fee will be required.

### SUNDAY

Church Rides

Church Rides (Other churches, than listed below, are available upon request) 9:00 AM to 12:30 PM

9:00 AM: Neighborhood Church & Grace Lutheran

9:30 AM: Knox & Pasadena Presbyterian

10:00 AM: Saint Elizabeth of Hungary

### Sunday Shopping

1:00 PM - Vons, Target & Sears

### MONDAY

\*Pasadena Doctors

9:00 AM - **Bus Departs - Last Pick-Up** at 11:30 AM

10:00 AM - **Bus Departs - Last Pick-Up** at 11:30 AM

1:00 PM & 2:00 PM - **Bus Departs**

Doctor Appointments ONLY!

**Last Pick-Up** at 4:30 PM

### TUESDAY DOCTORS

\*Arcadia & San Marino Doctors

9:00 AM - **Bus Departs - Last Pick-Up** at 11:30 AM

10:00 AM - **Bus Departs - Last Pick-Up** at 11:30 AM

1:00 PM & 2:00 PM - **Bus Departs**

Doctor Appointments ONLY!

**Last Pick-Up** at 4:30 PM

### TUESDAY SHOPPING

11:00 AM - 99 Cent Store, Rite Aid & Banks

1:00 PM - Trader Joe's & Ralph's

### FRIDAY

\*Pasadena Doctors

9:00 AM - **Bus Departs - Last Pick-Up** at 11:30 AM

10:00 AM - **Bus Departs - Last Pick-Up** at 11:30 AM

1:00 PM & 2:00 PM - **Bus Departs**

Doctor Appointments ONLY!

**Last Pick-Up** at 4:30 PM

**\*PLEASE NOTE WELL: We advise you not to make Doctor Appointments on the Hour of Departure or within the hour of Pick-Up.**

**Attention: Shopping Sign-Up Sheets are located in the Activities Book in the Club Room.**



Transportation

# Pasadena Highlands

Independent, Assisted Living &  
Memory Care

1575 E. Washington Blvd.  
Pasadena, CA. 91104

**(626) 791-1981**

**[www.pasadenahighlands.net](http://www.pasadenahighlands.net)**

**[info@pasadenahighlands.net](mailto:info@pasadenahighlands.net)**

RCFE LICENSE #197602334



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## THE MANAGEMENT TEAM

Kay Cano  
*Interim Executive Director*

Sarah Turner, LVN  
*Director of Health & Wellness*

Laura Sanchez, LVN  
*Director of Assisted Living*

Denise Reistetter  
*Director of Resident Lifestyles*

Mari Markell  
*Director of Marketing*

Silvia Valdez  
*Residence Advisor*

Victor Pekson  
*Director of Dining Services*  
*Executive Chef*

John Arbona  
*Director of Plant Operations*

Carlos Caff  
*Director of Housekeepingg*