

# THE HIGHLANDER

Volume 10/2018



WELCOME FALL  
DISCOVER THE MYSTERY of HALLOWEEN  
at PASADENA HIGHLANDS

We welcome Fall on Thursday, October 11th with a trip to the California home of Oktoberfest, Alpine Village. We'll dine at the Alpine Village Restaurant to experience authentic German cuisine and German Bier followed by shopping throughout the German Village to include its famous German Market and Delicatessen.

On Thursday, October 18th Pasadena Highlands celebrates Oktoberfest, a festival that celebrates the wedding of King Ludwig of Bavaria to Princess Therese of Saxony. Our celebration begins with Happy Hour. During our Happy Hour your Activities Staff will be serving Brats & German Bier, with German Style Soft Warm Pretzels followed by Chef Victor's German Style Dinner complete with Apfelstrudel (Apple Strudel).

On Wednesday, October 31st, residents, family, friends and staff are all welcome to participate in the mystery of Halloween at Pasadena Highlands' Halloween Parade & Party. We will begin with a costume parade and contest, complete with prizes for funniest, scariest, ugliest, prettiest, and most unique costumes followed by games and prizes. This Year your costumes will be judged by local senior high school student volunteers. Enjoy Halloween Treats: cider and donuts to complete your afternoon. The celebration continues when Happy Hour begins at 4:00 pm with our traditional Smoking Martinis and Spooky Appetizers.

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

## SPECIAL EVENTS

**Wednesday, October 3rd 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 followed by a tour of the kitchen.



**Wednesday, October 3rd at 3:00 PM**

**Activities Meeting - Theater**  
Join Denise to discuss this month's activities and share your ideas for upcoming events.



**Saturday, October 6th at 1:00 PM**

**Peanut Auction - Garden Room**  
In honor & recognition of resident Nancy Dowey we will feature *Treasures from Nancy*.



**Sunday, October 14th at 7:15 PM**

**Barbara Streisand Live - Theater**  
Join resident Lauren Dana in the Theater as she shares her video *Barbara Streisand Live - Back to Brooklyn*.



**Wednesday, October 17th at 3:00 PM**

**Resident Association Meeting - Theater**  
President Lauren Dana celebrates Halloween customs and traditions at this month's meeting. All residents in attendance will receive a Halloween Treat Bag.

**Thursday, October 18th at 4:00 PM**

**Oktoberfest Happy Hour - Garden Room**  
Let's celebrate Oktoberfest, a festival that celebrates the wedding of King Ludwig of Bavaria to Princess Therese of Saxony. Our celebration begins with Happy Hour. During our Happy Hour your Activities Staff will be serving Brats & German Bier, with German Style Soft Warm Pretzels followed by Chef Victor's German Style Dinner complete with Apfelstrudel (Apple Strudel).

**Sunday, October 21st at 1:30 PM**

**Resident Birthday Party - Garden Room**  
Join us for cake & ice cream to celebrate residents with October Birthdays. This month's entertainment features *The Stu & Laurie Variety Show*.

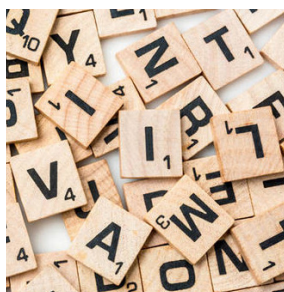
**Sunday, October 28th at 7:15 PM**

**Music Remembered Series - Theater**  
Don Brand's monthly *Music Remembered Series* returns after his recent sabbatical due to injuries while on vacation. This in-house program features memorable music for the generations of residents represented at the Pasadena Highlands. This month's program Don has entitled *Videos of the Past - Memories of the Best* featuring artists such as *Ed Ames, Gordon MacRae, Shirley Jones, Andre Rieu, Placido Domingo, Julie Andrews, Rene Fleming and The Mormon Tabernacle Choir*. Newcomers to his series will experience the best of all Don's past programs. Due to Fire Department Regulations, be sure to come early because seating is limited, and Don's program always packs the house.



**Wednesday, October 31st at 3 & 4 PM**

**Halloween Parade & Party - Garden Room**  
Invite friends and family to participate in Pasadena Highlands Halloween Parade at 3pm & Halloween Party at 4pm.



## NEW ACTIVITIES

**Sundays, except for October 21st at 1:00 PM**

**Scrabble - Garden Room**  
Tables will be set up awaiting residents who desire to discover and tackle this well-known challenging and exciting word game.

**Tuesdays, at 2:00 PM**

**Nails-R-Us - Garden Room**  
Rosanne and Azu will be available in the Garden Room to provide residents with basic manicures with nail polish included.



**Thursdays, at 7:30 PM**

**Rummy-O Game - Garden Room**  
Join resident Erma Hall for a game of Rummy-O. All are welcome to discover the fun and excitement of Rummy-O with Erma.

**Pinochle Group**

Resident Ken Liefer would like to start a game of pinochle. Please sign-up in the Activities Book in the Club Room if you are interested in playing pinochle. We will contact everyone once we have a large enough group regarding game time, day and date.



# OCTOBER 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, October 4th 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

## JPL Lecture Series

Thursday, October 4th at 6:00 PM

**Mapping Disasters from Space:** Speaker Sue Owen discusses Space-based geodetic measurement techniques and how they have recently become critical additions to our toolset for understanding and mapping the damage caused by earthquakes, volcanic eruptions, landslides, hurricanes and floods. The ability of space-based SAR to see through clouds to image changes on the ground made it a valuable data set in FEMA's response last year's Hurricane Harvey, Hurricane Irma, and Hurricane Maria. The large footprint of some of the current SAR missions enables a synoptic view of the damage, both in urban and more remote areas, helpful in identifying damage outside of the main city centers following the 2015 Nepal earthquake and 2017 Mexico earthquakes. In addition, The Advanced Rapid Imaging and Analysis (ARIA) project is a joint California Institute of Technology (Caltech) and Jet Propulsion Laboratory (JPL) venture, has been capturing the knowledge applied to these responses and building it into an automated infrastructure to generate imaging products in near real-time that can improve situational awareness for disaster response.

Cost: Free



## Glendale Centre Theatre

Friday, October 5th at 5:00 PM

We're off to dine at Damon's followed by the play *Always, Patsy Cline*.

Cost: \$30.00

## Alpine Village

Thursday, October 11th at 10:00 AM

It's a trip to Alpine Village for Lunch Bunch where we'll dine at the Alpine Village Restaurant to experience authentic German cuisine and German Bier followed by shopping throughout the German Village to include its famous German Market and Delicatessen.

Cost: 65 & Older = Free + Bring \$\$\$ for Lunch, Tip & Purchases

## Night on the Town

Thursday, October 25th at 5:30 PM

In keeping with our Oktoberfest Celebration, we're off to *The Red Lion*, the oldest German Restaurant in Los Angeles established in 1959.

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

October  
Out & About

## 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 or Rosanne**  
**Tuesdays at 2:00 PM.....Yoga with Lucy - Theater**  
**Thursdays at 2:00 PM.....Yoga with Lucy - Garden Room**

**Tuesday October 2nd at 9:00 AM Podiatrist - Fitness Room**  
**Tuesday October 9th at 1:00 PM Podiatrist - Fitness Room**

Healthy feet; healthy you... Keep your feet in good shape. See the Podiatrist for your foot care needs.

**Tuesdays at 10:00 AM Wellness Clinic - Fitness Room**

We welcome the return of ReHab Care. They will provide weekly monitoring of your blood pressure & weight in the Fitness Room helping you to stay healthy & fit.

**Thursday, October 18th from 2:00 to 4:00 PM Flu Shots - Theater**

Join Health and Wellness Director Sarah Turner for our annual Flu Shot Clinic on Thursday, October 18th from 2 to 4 pm. For more efficient service, please bring your Medi-Care Card to the Assisted Living Office where you will sign-up for your Flu Shot and complete your Flu Shot Application. Everyone with Medi-Care Part B will be eligible for a flu shot at no cost to them. If your health care provider is Kaiser, you must receive your shot at a Kaiser facility. However, anyone can choose to have a shot at your convenience at our clinic, a fee will be required. Sign-Up for your shot in the Nursing Office no later than Saturday, October 13th.

## 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: Doctor-On-Call, 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

### 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.

**Thursday, October 25th at 7:00 PM Doc Talk - Theater**

This month, we will be featuring a Senior Services Specialist panel to discuss "What's Next!". It will be a lively discussion, and includes an elder attorney, a local geriatric care manager, and a home care professional. Lots of great information and navigating techniques will be shared!

### DINING ROOM HOURS

**Full Service Breakfast**  
7:30 AM to 9:30 AM

**Lunch - 11:30 AM to 1:00 PM**  
**Café Menu - 1:30 PM to 3:00 PM**

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

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

**All 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.

## October Birthdays

La Vinia Reilly	Myra Johnson
Mary Jane Cantrell	Dolores Cunningham
Marie Wilson	Margaret Brown
Dorothy Lee Thomas	William Hartdegen
William Loesch	Dorothy Lee
Marian Crowley	Bernardine DePaolis
Donald Horning	Billi Darcy
Art Harlem	Marilyn Hanks
Marjorie Higgins	Charles Higgins
Norman White	Emma Russell
Joyce Coultas	Johanna Bernhardt
Eunice Ernst	Barbara Percey
	Jane Bodenschot

## OCTOBER WELCOME TEA

Saturday, October 27th 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

October 21st, at 1:30 PM  
in the Garden Room  
with entertainment by  
The Stu & Laurie Variety Show



Join us for cake & ice cream to celebrate residents with October Birthdays.

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 for special arrangements.*

### SUNDAY

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

### 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

### SATURDAY SHOPPING

11:00 AM Trader Joes, Ralphs & Library

**\*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)**

Stamp  
Here

RCFE LICENSE #197602334



## THE MANAGEMENT TEAM

Robert Salierno  
*Executive Director*

Sarah Turner, LVN  
*Health & Wellness Director*

Laura Sanchez, LVN  
*Assisted Living Director*

Denise Reistetter  
*Life Enrichment Director*

Mari Markell  
*Marketing Director*

Silvia Valdez  
*Residence Advisor*

Victor Pekson  
*Dining Services Director &  
Executive Chef*

John Arbona  
*Plant Operations Director*

Carlos Caff  
*Housekeeping Director*