

JOURNEY PROGRAM

WellQuest understands the challenges a family will encounter when their loved one experiences memory loss. Our quest is to provide a safe, engaging, and comfortable home for all residents through a collaborative team approach, that includes input from family members. We focus on a personalized plan for each resident with thoughtful culinary experiences and stimulating activities provided by passionate caregivers. Affected residents' families can rest assured their loved ones are living life well.

WELLQUEST LIVING'S 5 PILLARS FOR COMPASSIONATE CARE:

- PERSONALIZED & WHOLISTIC CARE
 - DAYS WITH DIGNITY
 - A TEAM APPROACH
- ENGAGING THE SENSES
- CULINARY EXPERIENCES

MARCH JOURNEY: TEAM SPOTLIGHT



ROBERT SALIERNO

Name: Robert 'Rob' Andrew Salierno.
Born: Born in Kansas City on November 1st.
Raised: Lived in Kansas City & Chicago 'til moving to Los Angeles.
Profession: Have worked in senior living for most of my life. Started as a dining room server in high school working my way up to Executive Director. Received a Masters in Business while working full time at a senior living community.
Family: Married my high school sweet heart Nicole; our 2 year old daughter is named Ophelia.

Favorite Food: Love fried chicken, mashed potatoes and green beans.

Favorite Vacation: My favorite vacation was a trip to Italy.

Interesting Fact: My minor degree in Theology.

Favorite Part of Pasadena Highlands: Love the team spirit & the love people have for each other in our community.

THE MANAGEMENT TEAM

Executive Director.....Rob
 Director of Wellness.....Sarah
 AL Director.....Laura
 Moments in Time Leader.....Terry
 Plant Operations Director.....John
 Housekeeping Director.....Carlos
 Business Office Director.....Cruz
 Activity Director.....Denise

Medication Technicians/Caregivers:

Sandra, Silvia, Kathy, Grace, Chaslyn, Joanna, Isabel, Margaret, Nicolette, Lavonia, Andrea, Alma



PASADENA HIGHLANDS
 A WellQuest Living Community
 INDEPENDENT LIVING ■ ASSISTED LIVING
 MEMORY CARE

1575 E. Washington Blvd.
 Pasadena, CA. 91104

(626) 791-1981

www.pasadenahighlands.net

RCFE LICENSE #197602334

Conductorcise
 FEATURED PROGRAM OF THE MONTH

Do you love classical music?
 Well if you do, conductorcise is the perfect program for you. We gather together and use our batons to conduct the music. This is a great way to stretch muscles and listen to great music.
 Come and join the fun!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



March Journey Calendar



1

2

9:30 News/Current Events
10:00 Exercise with Tori
11:00 Ring Toss
1:30 Trivia
2:00 Kozy Kitchen
3:00 Live Music with Tori
4:00 Famous Faces
6:00 Aromatherapy

9:30 News/Current Events
10:00 Exercise with Marilyn
11:00 Daily Living
A to Z
2:00 Afternoon Social
3:00 Travelogue
4:00 Puzzlemania
6:00 Massage Therapy

3

4

5

6

ASH WEDNESDAY

7

8

9

9:30 News/Current Events
10:00 Balloon Tennis
11:00 Daily Living
11:30 Music Appreciation
1:30 Scattergories
2:00 Ice Cream Social
2:00 Movie Classics
4:00 Sorting Things
6:00 Aromatherapy

9:30 News/Current Events
10:00 Body and Soul
11:00 Ball Toss
1:30 Letter Writing
2:00 Afternoon Tea
3:00 Sing Along
4:00 Picture Puzzle
6:00 Pretty Nails

9:30 News/Current Events
10:00 Sit and Be Fit with Tori
11:00 Balloon Volleyball
1:30 Brain Games
2:00 Ice Cream Social
3:00 Drum Circle
4:00 Ribbon Dance
6:00 Aromatherapy

9:30 News/Current Events
10:00 Move To The Beat
11:00 Parachute
11:30 **Music at Noon**
1:30 Sorting Things
2:00 Afternoon Tea
3:00 Reminiscing
4:00 Conductorcise
6:00 Hand Massage

9:30 News/Current Events
10:00 Noodle Exercise
11:00 Balloon Toss
1:30 Forget Me Knot
2:00 Smoothie Time
3:00 Laugh A Minute
4:00 Table Games
6:00 Pretty Nails

9:30 News/Current Events
10:00 Chair Exercise with Tori
11:00 Ring Toss
1:30 Trivia
2:00 Kozy Kitchen
3:00 Live Music with Tori
4:00 Famous Faces
6:00 Aromatherapy

9:30 News/Current Events
10:00 Exercise with Marilyn
11:00 Daily Living
1:30 A to Z
2:00 Afternoon Social
3:00 Travelogue
4:00 Puzzlemania
6:00 Massage Therapy
**Daylight Saving Time
Remember Set Your Clocks
Forward 1 Hour
Before You Go to Bed Tonight**

10

DAYLIGHT
SAVING BEGINS

11

12

13

MUSIC AT NOON

14

15

MEMORIES
IN THE MAKING

16

9:30 News/Current Events
10:00 Balloon Tennis
11:00 Daily Living
11:30 Music Appreciation
1:30 Scattergories
2:00 Ice Cream Social
2:00 Movie Classics
4:00 Sorting Things
6:00 Aromatherapy

9:30 News/Current Events
10:00 Body and Soul
11:00 Ball Toss
1:30 Letter Writing
2:00 Afternoon Tea
3:00 Sing Along
4:00 Ladies Club
6:00 Pretty Nails

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4:00 Table Games
6:00 Pretty Nails

9:30 News/Current Events
10:00 Chair Exercise with Tori
11:00 Ring Toss
1:30 Trivia
2:00 Memories In The Making
3:00 Live Music with Tori
4:00 Famous Faces
6:00 Aromatherapy

9:30 News/Current Events
10:00 Exercise with Marilyn
11:00 Daily Living
11:30 Music Appreciation
1:30 A to Z
2:00 Afternoon Social
3:00 Travelogue
4:00 Puzzlemania
6:00 Massage Therapy

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ST PATRICK'S DAY
CELEBRATION

18

19

20

START OF SPRING

21

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9:30 News/Current Events
10:00 Balloon Tennis
11:00 Daily Living
11:30 Music Appreciation
1:30 Scattergories
2:00 Ice Cream Social
2:00 Movie Classics
3:00 **Green Street Parade / Patio**
4:00 **St Patrick's Day Celebration / GR**
5:00 **St Patrick's Day Dinner / DR**
4:00 Sorting Things
6:00 Aromatherapy

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MUSIC AT NOON

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Meetings & Religious Programs

Bible Study - Tuesdays at 9:15 AM
Catholic Communion - Thursdays, at 9:30 AM
Catholic Mass - Thursday, March 14th - 9:30 AM
Jewish Life / Shabbat - Fridays at 2 PM
Town Hall Meeting - Wednesday, Mar 27th - 3 PM

Daily Meals & Refreshments

7:00 Rise & Shine
8:30 Breakfast
10:30 Refresh & Renew
11:30 Lunch
2:00 Afternoon Social
5:00 Dinner
7:00 Night Cap

Daily Activities

12:30 Walkabout
1:00 Sensory Relaxation
6:30 Reflections
7:00 Evening at the Movies



LEGEND

1st Fl = First Floor
AR = Activity Room
DR = Dining Room
GR = Garden Room
TR = Theater