

# THE HIGHLANDER

Volume 7/2019



## *JULY - 2019 - HAPPY FOURTH of JULY* *CELEBRATE FREEDOM, INDEPENDENCE & NATIONAL EVENTS* *Explore Canada*

In July, our world exploration takes us to Canada, our neighbor to the North. On July 1st, we celebrate Canadian Independence Day beginning with Happy Hour featuring "Street Meat" hors d'oeuvres along with Canadian Cocktails such as The Caesar, originally known as The Bloody Caesar, The Caribou, The Rye & Ginger, The Yukon Jack and The London Fog. Following our Happy Hour, join us in the Dining Room for Chef Wayne's Canadian Cuisine. It's Good Eatin'. Starters - Québécois Beet & Orange Salad; Entrees include Glazed Brisket, British Columbia Salmon served with Poutine, Green Beans & Broccoli Bake; complete with Beaver Tails for dessert.

We continue to explore the culture, sights and sounds of Canada at our Weekly Travelogues on Saturdays at 3 pm in the Theatre

On July 4th, Independence Day, we celebrate our freedom with our annual Family Day Bar-B-Que. Residents, family and friends, please join us at 11:00 am on the Garden Patio for The Pledge of Allegiance, and God Bless America played by pianist and guitarist Dean Dobbins followed by a Patriotic Sing Along. At 11:30 am, enjoy our BBQ Luncheon complete with hot dogs, hamburgers, a summer salad bar, popcorn, peanuts, cotton candy, root beer floats & ice cream treats. At 1:30 pm, Ready-Set-Go, it's time for our traditional Family Fun & Games complete with exciting prizes for our winners. It's sure to be a day of fun in the sun for everyone.

Celebrate World Chocolate Day on July 7th – residents invite family and friends, to join us in the Garden Room at 2 pm for Godiva Chocolate Tasting - explore and experience chocolate tasting at its best - sponsored by Godiva Chocolates. Attendees receive a raffle ticket upon entrance to this Godiva Tasting Event for a chance to win ten, twenty, thirty- and fifty-dollar Godiva Chocolate Gift Baskets.

On July 18th we welcome National Hot Dog Day with mini Hot Dog hors d'oeuvres at Happy Hour. We celebrate National Ice Cream Day on Sunday, July 21st. Join us in the Garden Room at 1:00 pm for a variety of Ice Cream Treats continue to celebrate National Ice Cream Day during your dining experience. Our Activities Department will sponsor an Ice Cream Bar for dessert complete with sundaes, cones, banana splits and more. Experience a day of Ice Cream Bliss.

Our month of National Celebrations comes to an end on Wednesday, July 24th believe or not, on National Tequila Day. And, guess what? Your Happy Hour Experience brings you a variety of Tequila drinks served with chips and guacamole!

Concerts on the Patio continue Friday evenings throughout the month of July. Refer to your calendars for each Friday's performance.

***Look inside this Newsletter for complete details and descriptions of all our July 2019 Programs, Events & Outings.***

# SPECIAL EVENTS

## Wednesday, July 3rd at 2:00 PM

Join Culinary Director Wayne Scott on the first Wednesday of every month for an open forum where Residents and Residents Food Committee Members can discuss their dining experience.

## Food Talk - Theater



## Wednesday, July 3rd at 3:00 PM

Join Denise & Activities Committee Chairperson Jeannine Brix to discuss this month's activities and share your ideas for upcoming events.

## Activities Meeting - Theater

## National Events for July - Various (For Event Info – Refer to Front Page Article)

## - Ice Cream Treats, Sunday, July 21st at 1:00 PM

## Ice Cream Day - Garden Room

## - Mini Hot Dog Happy Hour Buffet Wednesday, July 17th at 4:00 PM

## Hot Dog Day - Garden Room

## - Tequila Happy Hour, Wednesday, July 24th at 4:00 PM

## National Tequila Day - Garden Room



## Thursday, July 4th at 11:00 AM

## - Independence Day Celebration - Garden Patio

Join us on **Independence Day** in celebration of our freedom for our annual Family Day BBQ. Make all guest reservations at the Front Desk prior to July 4th to receive tickets for your guests' admission into the event. This evening, enjoy Rose Bowl Fireworks in Apartment 809 and 813 after dark or at 9 pm.

**OPEN SEATING LIGHT SUPPER will be served from 4:30 - 6 PM**



## Wednesday, July 17th at 3:00 PM

## Resident Association Meeting - Theater

Join RehabCare's Wellness Coordinator Jessica Gaeta for her presentation "The Brain Changer". Understand the function of the brain; how and why to love your brain; benefits of nutrition and physical activity. Learn daily brain exercises and games. Don't miss this association meeting; an opportunity to re-charge your brain. Following RehabCare's Presentation, the Resident Association Meeting will resume.



## Saturday, July 20th at 1:30 PM

## Resident Birthday Party - Garden Room

Join us for cake & ice cream to celebrate residents with July Birthdays. This month's entertainment features **Music Remembered with Mike & Mandy**.



## Sunday July 28th at 7:15 PM

## Music Remembered Series - Theater

Join resident Donald Brand for his monthly **Music Remembered Series**...



# NEW ACTIVITIES

## Mondays, at 1 PM, except July 29th

## Safe and Steady - Garden Room

Residents join Marilyn Evans, Certified Exercise Instructor, to learn safe habits that will prevent you from falling, build your strength and endurance, improve your posture, balance and mobility, teach you how to walk by increasing your strength and flexibility.

## Saturdays, July 6th & 13th at 2:00 PM

## Painting with Peter - Garden Room

Painting Classes have returned. Join Creative Arts Teacher, Peter Morris and resident artist Joan DiGiovanni, for **Painting Classes**. You too may become a famous artist. Your **Art Supplies** will be provided by the Highlands.



## Sundays, July 14th & 21st at 1 PM

## Tap Dance Class - Garden Room

Join dance instructor Pam K. leader of the Tap Chicks for Tap Dance Lessons. You too may become a Tap Chick.

## Friday, July 26th at 3:00 PM

## Resident vs Staff Trivia - Garden Room

Residents and Staff join together to compete in the **Battle of the Minds**, on the fourth Friday of every month. In 2019 CareMore sponsors Trivia with CareMore Representative Erica Johnson as your host calling out the questions and providing exciting prizes.

## Tuesday, July 30th at 7:15 PM

## TED Talk - Theater

Join Executive Director Rob Salierno for our monthly TED Talk.







## JULY 2019 OUTINGS

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

### Music at Noon

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

**Cost: Free**

**Wednesdays at 11:30 AM**

### Redondo Beach

Our summertime adventures begin with a walk on the Redondo Beach Pier followed by an enjoyable oceanside luncheon and shopping.

**Cost: Bring \$\$\$ for meal + tip & purchases**

**Thursday, July 11th at 10:30 AM**

### JPL Lecture Series

**Apollo 50th Anniversary:** Host Preston Dyches discusses and presents 50 Years after Apollo. The Apollo program's "giant leap" took a decade of intense preparation to accomplish and required a huge support system back on Earth throughout. As NASA's leading center for robotic exploration and deep space communication, JPL's role in Apollo was primarily in robotic precursor missions that helped pave the way, and management of the Deep Space Network which relayed TV transmissions and provided an important backup communications capability. This event will focus on understanding JPL's supporting role in one of humanity's greatest achievements.

**Cost: Free**

**Thursday, July 11th at 6:30 PM**

### Glendale Centre Theatre

We'll dine at **Damon's Steakhouse** and then we're off to see **Elvis '68**. This show relives a historic moment in music history, leather suit and all. This is a re-creation of the crooner's 1968 live comeback. This special explores the pivotal moment in the life and career of **Elvis Presley**. He had not played a live show in seven years and his popularity was fading. But what was supposed to be a safe Christmas Concert, turned into an intimate jam session. The show features 22 of the King's hits along with storytelling and audience participation...

**Cost: \$30.00**

**Saturday, July 13th at 5:00 PM**

### Descanso Gardens

Let's enjoy lunch at the Descanso Café and then we're off to **Discover New Life** in full bloom: daffodils, tulips, camellias, Asian roses, lilacs, clivia and more.

**Cost: \$6.00 & Bring \$\$\$ for Lunch + Tip + Your Purchases**

**Thursday, July 18th at 11:00 AM**

### Night on the Town

We're off to dine at **Bacchus' Kitchen** for a chef inspired French Cuisine Plate made especially for our Pasadena Highlands' Residents!

**Cost: \$\$\$ for meal & tip**

**Wednesday, July 25th at 5:00 PM**



July  
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**  
**Mondays at 1:00 PM.....Safe & Steady - Garden Room**  
**Tuesdays at 2:00 PM.....Yoga with Lucy - Theater**  
**Thursdays at 2:00 PM.....Yoga with Lucy - Garden Room**

### Monday July 1st at 1:00 PM

### The Hear Center - Garden Room

The Hear Center joins us on the first Monday of every month in our second-floor doctors' clinic to adjust and clean your hearing aids, replace batteries or to provide a hearing screening. Sign-Up in the Activities Book to schedule your appointment.

### Tuesday July 2nd at 9:00 AM

### Podiatrist - Fitness Room

### Tuesday July 9th at 1:00 PM

### Podiatrist - Fitness Room

Healthy feet; healthy you... Keep your feet in good shape. Sign-Up in the Activities Book for your appointment for all your foot care needs

### Saturday, July 27th at 11:00 AM

### Wellness Clinic - Fitness Room

Pasadena Highlands Staff helps you to stay healthy and fit with monitoring of your blood pressure and weight.



## July Health & Wellness

## Health Topics

## 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

### Daily by Appointment

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.

### Speech-Language Pathology – Fitness Room Rehab Care

### 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.

### DINING ROOM NOW OPEN FOR RESIDENTS CONVENIENCE AS FOLLOWS:

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

**Lunch - 11:30 PM 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**

**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.**

# July Birthdays

07-02 Jack Duran  
 07-04 John Plumb  
 07-06 Mildred Moore  
 07-07 Eileen St. Amand  
 07-09 David Busk  
 07-09 Mary Ann Plumley  
 07-10 Ann Warren  
 07-11 Betty Hall  
 07-12 George Bockemuehl  
 07-12 Marcia Milbach  
 07-13 Jean Ringley  
 07-16 Diane Cline  
 07-18 Doreen Heller  
 07-20 Selma Hatrick  
 07-28 Diane Susan Webster  
 07-29 Ann Wyman



## JULY WELCOME TEA

Saturday, July 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.



## JULY RESIDENT BIRTHDAY PARTY

Saturday, July 20th, at 1:30 PM  
 in the Garden Room  
 with entertainment by  
 The Stu & Laurie Variety Show

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 and complete address before he or she 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 those 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 Joes, Ralphs & Library

### 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)**

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RCFE LICENSE #197602334



## THE MANAGEMENT TEAM

Robert Salierno  
*Executive Director*

Mamie Cornett  
*Marketing Director*

Sandy Murphy  
*Community Ambassador*

Laura Sanchez, LVN  
*Assisted Living Director*

Denise Reistetter  
*Life Enrichment Director*

Wayne Scott  
*Culinary Director*

John Arbona  
*Plant Operations Director*

Carlos Caff  
*Housekeeping Director*