

# 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

Stephanie Walters  
*Executive Director*

Mamie Cornett  
*Marketing Director*

Sandy Murphy  
*Community Ambassador*

Tinatin Darchia  
*Health & Wellness Director*

Laura Sanchez, LVN  
*Assisted Living Director*

Denise Reistetter  
*Life Enrichment Director*

Wayne Scott  
*Culinary Director*

John Arbona  
*Plant Operations Director*

Carlos Caff  
*Housekeeping Director*

# THE HIGHLANDER

Volume 10/2019

October, 2019



## OCTOBER – 2019 - WELCOME FALL CELEBRATE & EXPLORE GERMANY

We welcome Fall and begin to explore Germany on Thursday, October 3rd 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.

Residents may continue to explore the culture, sights and sounds of Germany at our weekly Travelogues on Saturdays at 3 pm in the Theater.

On Wednesday, October 16th, Pasadena Highlands celebrates Germany with an 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 Wayne's German Style Dinner complete with Apfelstrudel (Apple Strudel).

On Thursday, 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. 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.

We end our celebration and exploration of Germany on Thursday, October 24th at Hinterhof Beer Garden and German Kitchen featuring German Vegan Cuisine and German Happy Hour, where they'll serve you a variety of German Beers and Appetizers.



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



# SPECIAL EVENTS

**Tuesday, October 1st at 6:30 PM**

**Rosh Hashanah Meal - Garden Room**

Let's celebrate Rosh Hashanah on Tuesday, October 1st, a day which marks the Jewish New Year. Everyone is welcome to join us for this most enjoyable and inspirational evening. Please sign-up in the Activities Book located in the Club Room to secure your reservation. Include any family and friends that you may wish to invite.



**Wednesday, October 2nd at 2:00 PM**

**Food Talk - Theater**

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.



**Wednesday, October 2nd at 3:00 PM**

**Activities Meeting - Theater**

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



**Wednesday, October 16th at 3:00 PM**

**Resident Association Meeting - Theater**

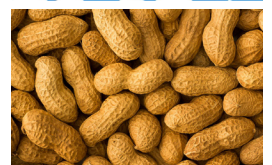
President Lauren Dana celebrates Halloween customs and traditions at this month's meeting. All residents in attendance will receive a Halloween Treat Bag.



**Thursday, October 16th at 4:00 PM**

**Oktoberfest Happy Hour - Garden Room**

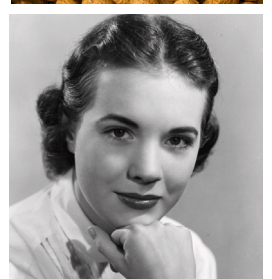
Let's celebrate Oktoberfest, a festival that celebrates the wedding of King Ludwig of Bavaria to Princess Therese of Saxony. Our celebration begins with Happy Hour. During our Happy Hour your Activities Staff will be serving Brats & German Bier, with German Style Soft Warm Pretzels followed by Chef Wayne's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



**Saturday, October 19th at 1:30 PM**

**Resident Birthday Party - Garden Room**

Join us for cake & ice cream to celebrate residents with September Birthdays. entertainment by pianist and vocalist **Hugo Pazmino**.



**Sundays, October 6th & 13th at 1 PM**

**Peanut Auction - Garden Room**

In recognition of National Peanut Month, residents join us to receive your bag of peanuts for the auction of the unwanted treasures of your fellow residents. Remember, you can pick up valuable treasures for just for a peanut or two!

**Sunday October 27th at 7:15 PM**

**Music Remembered Series - Theater**

Join resident Donald Brand for his monthly **Music Remembered Series...** This month's program is called "Highlight Videos". This presentation will include videos from the previous twenty-five (25) Music Remembered Series Programs of the past...



## NEW ACTIVITIES

**Sundays, at 1 PM**

**Beading Class - Garden Room**

Residents, join in the Garden Room to create your own luxurious necklaces, bracelets and earrings with beading supplies provided by the Highlands.



**Mondays, at 1 PM**

**Safe and Steady - Garden Room**

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

**Saturdays, October 5th & 12th at 2 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, October 20th & 27th 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.

# October Birthdays

La Vinia Reilly  
Dorothy Lee Thomas  
Marian Crowley  
Art Harlem  
Marjorie Higgins  
Eunice Ernst  
Henry Nielsen  
William Hartdegen  
Dorothy Lee  
Bernardine DePaolis  
Marilyn Hanks  
Ermma Russell  
Johanna Bernhardt  
Barbara Percey  
Jane Bodenschot

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.



## OCTOBER RESIDENT BIRTHDAY PARTY

October 19th, at 1:30 PM in the Garden Room  
with entertainment by pianist & vocalist Hugo Pazmino

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 RCC (Roman Catholic Church)

10:30 AM: All Saints Episcopal Church & St Felicitas RCC (Roman Catholic Church)

#### SUNDAY SHOPPING

3:00 PM Trader Joe's & Target

#### 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 Stater Brothers

**\*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



## HEALTH & WELLNESS

**Mondays - Saturdays all Exercise Programs at 10:30 AM.....Garden Room**  
**Mondays, Tuesdays & Wednesdays.....Exercise with RehabCare**  
**Thursdays, Fridays & Saturdays.....Exercise with Marilyn**  
**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**

### Wednesday October 9th at 1:00 PM

### The Hear Center - 1st Floor Lobby

The Hear Center joins us on the second Wednesday of every month 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 October 1st at 9:00 AM

### Podiatrist - Fitness Room

### Tuesday October 8th 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.



## October Health & Wellness

## 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.

### Wednesdays & Fridays at 3:00 PM

### NU-STEP TRAINING – Fitness Room

RehabCare will provide residents with training on the use of the NU-STEP Recumbent Elliptical Exercise Equipment every Wednesday and Friday at 3 pm.

### 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**

**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.**





## OCTOBER 2019 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. – **Free thirty (30) minute concerts presented each week by performers from the southland, the U.S & from around the world.**

Cost: Free



### Alpine Village

Thursday, October 3rd 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



### Hamlin House Tour

Thursday, October 19th at 12:30 PM

We're off to **Hamlin House** for a tour of Glendora California's famous haunted house. Ghost sightings have been well-documented right up to the current day. This home was bought by The Daughters of the American Revolution (DAR) in 1982. The new director of the DAR in Glendora, Mrs. Helen Dye, has ushered many members and guests through this old house and related many apparitional experiences as well as allowing pictures to be taken. One such experience told by Mrs. Dye was related to Mr. Ruben Hamlin, the deceased owner, who used to smoke cigars in the den. She said that she had been here for five years when one day a sweetish kind of cigar smoke was blown into my face just as I walked out of the den... Now she smells the same odor in other parts of the old house which prompts her to say, "It's just me, Mr. Hamlin". Others who have slept there have had their toes pinched, while others have experienced balls of light, and others have heard the distinct sounds of Mrs. Hamlin moving around above the den during DAR Meetings.

Cost: Donations

### JPL Lecture Series

Thursday, October 17th at 6:30 PM

**Darkness Surrounds Us: The Other 95% of the Universe** – Host Preston Dyches along with Speakers Alina Kiessling & Jason Rhodes both Astrophysicists at NASA-JPL discuss and let us know that all the material we can see is just a small fraction of the universe. The rest, a full 95 percent, is invisible and mysterious. These are the enigmatic dark matter and dark energy. While dark matter keeps things like galaxies together, dark energy acts in an opposite way – it pushes groups of galaxies apart and expands the universe itself. This event will discuss how astronomers are working to map the universe's dark matter so they can see the effects of dark energy. The results could help us understand if the universe will expand at an accelerating rate forever.

Cost: Free

### Pasadena Symphony & Pops

Saturday, October 19th at 12:30 PM

Let's spend the afternoon at Ambassador Auditorium for their October program immersing ourselves in Brahms **Symphony No. 1** for violin & orchestra and Bruch's Violin Concerto No 1, both featuring violin soloist Tessa Lark and Sydney Wang, composer in his Pasadena Symphony Commission World Premiere. The concert lasts approximately two (2) hours and includes a brief intermezzo (intermission). Join us for **Insights**, a free pre-concert discussion beginning one (1) hour prior to the concert.

Cost: \$35.00 - \$127.00

### Night on the Town

Thursday, October 24th at 3:00 PM

We end the celebration of Germany on Thursday, October 24th, when Night on the Town takes us to **Hinterhof Beer Garden and German Kitchen**, featuring German Vegan Cuisine and for German Happy Hour, we'll serve you a variety of German Beers and Appetizers.

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

October  
Out & About