

# THE HIGHLANDER

Volume 3/2020

March, 2020



## *PASADENA HIGHLANDS: A YEAR OF NEW ADVENTURES*

Goodbye February, and hello March!!! We are so thankful to spend another month with our amazing residents and their family and friends! During the month of March many people are out searching for the lucky four-leaf clover, but here at Pasadena Highlands we already consider ourselves lucky because we have the special opportunity of working with all of you. There are lots of special things to look forward to in the month of March that you won't want to miss! We have our St. Patrick's Day Social on the 17th with green beer and Irish music by Marie Hyland, and on that same week we have a Celtic Irish Dance Performance on the 20th. In addition to our Irish activities, we also have a few other activities celebrating International Women's Day on the 8th with a documentary of Ruth Bader Ginsburg exploring her early legal battles that changed the world for women, and an interesting discussion on Women's Rights lead by our resident Jeannine Brix on the 24th. Lastly, we have a NEW special treat at the Highlands! Once a month Doug MacKenzie brings a slide show outdoor ADVENTURE for us

to experience from the comfort of our theater room! Each "Adventure with Doug" journey is different with its own unique story. We'll climb grand mountains with unparalleled views, venture into forests filled with fauna and flora, trek coasts with hidden hints of shipwrecks of years ago and explore deserts with the ghosts of mining days gone by. But Adventures with Doug is even more. Each presentation is also filled with fun stories, interesting facts and often a little history. Far more than a travelogue, the audience is encouraged to become involved, ask questions and sometimes even try to figure out the best route to the goal of our adventure. As Doug often says, "these are not pictures from someone who stepped off the tourist shuttle, but a chance to explore and discover." Don't miss our next Adventure on March 31st, at 2:30pm in the Theater Room! See you all there!

***Look inside this Newsletter for complete details and descriptions of all our March 2020 Programs, Events & Outings.***

# SPECIAL EVENTS & PROGRAMS

## Monday, March 2nd at 10 AM – 6:00 PM

Pasadena Highlands has been selected as a VSAP Flex Vote Center during the upcoming 2020 Presidential Primary Election! Don't forget to Vote!

## Voting Poll – Garden Room



## Wednesday, March 4th at 2:00 PM

Join our Culinary Director Wayne Scott on the first Wednesday of March for an open forum where Residents & Residents Food Committee can discuss their dining experience.

## Food Talk – Theater Room

## Wednesday, March 4th at 2:45 PM

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

## Activities Meeting – Theater Room



## Sunday, March 8th at 2:30 PM

Join us as we celebrate International Women's Day with a Documentary providing an illuminating look at the life of trailblazer Ruth Bader Ginsburg -- including her career-defining work in gender-discrimination law. This engaging documentary charts her journey to becoming a justice on America's highest court.

## International Women's Day "RBG" Documentary On Ruth Bader Ginsburg – Theater Room



## Tuesday, March 10th at 10:00 AM

Check out the wide selection of shoes that SAS has to offer at reasonable prices. They accept cash, card, and checks.

## SAS Shoe Sale – 1st Floor Lobby

## Tuesday, March 10th at 3:00 PM

Join residents as they talk about the news that sparked many discussions on Tuesday March 10th at 3:00 PM in the Theater Room.

## Newsworthy – Theater Room



## Wednesday, March 11th at 10:00 AM

Join John Merguerian, a Partnership Specialist for a presentation of The Census which determines California's federal funding for important community services that help support our families and fair share of representation in California and Washington D.C.

## United States 2020 Census Presentation – Theater Room

## Friday, March 13th at 11:30 AM

Check out the wide selection of Avon products that Carmen has to offer, all at reasonable prices. Products consist of jewelry, makeup, accessories, and so much more! Carmen accepts card and cash and will gladly order anything from her catalog if she doesn't have the product on hand.

## Avon Products with Carmen – 1st Floor Lobby

## Friday, March 13th at 3:15 PM

Can you name that Irish folk? Join us on Friday March 13th for an activity full of hints to help you figure out who the famous Irish Folk is. See you there!

## Who Am I? Famous Irish Folks – Garden Room

## Saturday, March 14th at 7:00 PM

Experience an evening of poetry presented by The Askew Poetry Club.

## Askew Poetry Readings - Garden Room

## Tuesday, March 17th at 4:30 PM

Invite family and friends to join you for our St. Patrick's Day Celebration with the return of our resident entertainers and Marie Hyland. We will be serving green beer, green cider, and Irish snacks!

## St. Patrick's Day Social – Garden Room

## Wednesday, March 18th at 3:00 PM

Join Residents as they discuss the important things happening in our community. President Lauren Dana will continue raffling prizes.

## Residents Association Meeting – Theater Room

## Thursday, March 19th at 11:30 AM

Join us as we celebrate the beginning of March Madness with a friendly competitive game of basketball shoot out! The winner will win a prize! Hope to see you all there!

## March Madness Shoot Out Contest - Garden Room

## Friday, March 20th at 4:30 PM

Join us for a special performance from The Celtic Irish Dance Academy, an Irish Dance school under the direction of Riverdance Star, Maeve Croke, an accomplished champion dancer and performer originally from Waterford, Ireland. The dancers vary in age, but they are all creative, inspiring, determined, artists and athletes excited to perform for our residents at Pasadena Highlands!

## Celtic Irish Dance Performance - Garden Room

## Tuesday, March 24th at 2:00 PM

In 1987 Congress proclaimed the Month of March as a time to officially recognize the history of the greatest contribution's women have made to the progress of our nation. Every year the President issues a special Women's History Month Proclamation "...Whereas American women of every race, class, and ethnic background have made historic contributions to the growth and strength of our nation in countless recorded and unrecorded ways." Join resident Jeannine Brix on Tuesday March 24th at 2:00 PM in the Theater Room to learn more of these "countless ways" and to share our own histories and anecdotes about women who have had a special impact on our lives.

## Celebrating March as Women's History Month – Theater Room

## Wednesday, March 25th at 7:15 PM

Join Plant Operations Director, John Arbona for a night you won't want to miss! John will be hosting an exciting game of Trivia that will have you at the edge of your seat. We hope to see you all there!

## Fun with a Director – Garden Room

## Saturday, March 28th at 1:30 PM

Join us for cake, ice cream, and presents to celebrate residents with March Birthdays. This month's entertainment features The one and only Tatjana.

## Resident Birthday Party - Garden Room

## Sunday, March 29th at 7:15 PM

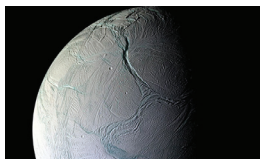
Don Brand will continue with another amazing program on March 29th at 7:15 PM in the Theater Room. Be sure to arrive a bit early to secure your seat. This is one of our many popular activities! See you all there!

## Don Brand's Music Remembered Series -Theater Room

## Tuesday, March 31st at 2:30 PM

Join Doug MacKenzie on an Adventure to Vancouver Island's famous West Coast Trail. A stunning world of green for St Paddy's Day! In the late 1800s, there were so many shipwrecks along the western coast of Vancouver Island that the stretch became known as the "Graveyard of the Pacific." Join us for an incredible once-in-a-lifetime slide show trip filled with mysterious rainforest, stunning coastline and exciting wildlife as we venture through this spectacular and rarely visited area.

## Adventures with Doug -Theater Room



# March Outings & New Activities

## MARCH 2020 OUTINGS

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

Wednesday, 4th, 11th, 18th, 25th at 11:30 AM

Music at Noon – 1st Floor Lobby

Pasadena Highlands bus takes you to The Pasadena Presbyterian Church for their weekly concerts.

### JPL Lecture Series

**The search for life is “civilization level science.”** What happens if or when we find it? Using the upcoming block of “Ocean Access” missions, Dr. Morgan Cable shows us why ocean worlds are important and what the discovery of life could mean to us as a civilization. | **Cost: Free**

Thursday, March 5th at 6:30 PM- 1st Floor Lobby

Thursday, March 12th at 11:30 AM

Mimi's Café Lunch Outing– 1st Floor Lobby

Founded in 1978, Mimi's is a neighborhood bistro offering fresh, hand-prepared American French comfort food and bistro classics for brunch all day, lunch, dinner and special celebrations. Enjoy delectable breakfast items to mouthwatering entrées, enticing crowd-pleasers to tempting desserts. | **Cost: Bring \$\$\$ for your meal plus tip**

Friday, March 13th at 5:30 PM

Pasadena Community Orchestra and Dinner – 1st Floor Lobby

1st Church of the Nazarene presents dinner and a concert on Friday, March 13, from 6:00-10:00 pm. The night begins with a time of fellowship and a delicious dinner in Gilmore Hall. A concert from the Pasadena Community Orchestra will follow in the Sanctuary with music from Vivaldi, Mozart, and Weber.

**Cost: Dinner \$15 per person and the concert admission is FREE.**

Thursday, March 19th at 1:00 PM

Kitty O'Shea's Irish Imports Store & Eagle Rock Plaza – 1st Floor Lobby

We're off to Kitty O'Shea's Irish Market in Eagle Rock to shop for Irish goodies and treats. We will also be going to the Eagle Rock Shopping Center where you can shop at many other stores. | **Cost: Bring \$\$\$\$ to shop**

Saturday, March 21st at 1:00 PM

Pasadena Symphony – 1st Floor Lobby

Nic McGegan brings his expert performance practice paired with a joyously effervescent conducting style. It's a Mozart spectacular with Symphony No. 39 and the melodic perfection found in his Piano Concerto No. 20, performed by 2017 Steinway/Colburn Festival Competition winner Yerin Yang. | **Cost: \$26 and up**

Thursday, March 26th at 5:00 PM

Night on the Town – 1st Floor Lobby

Join us for our Night on the Town special to Limericks Tavern for St. Patrick's Day. They are a modern gastropub that delivers classic Irish and American comfort food and 60 kinds of beer on draught. If you think you've had classic Irish food before then you will love Limericks. With signature items such as Irish nachos, fish n' chips, shepherds pie, and braised short ribs, we will ensure you will find something to satisfy any craving.

**Cost: Bring \$\$\$ for your meal, plus tip**

## NEW ACTIVITIES

Sundays, at 1:00 PM

Sunday Sermon Service with Pastor Greg Swift– Theater Room

Come join us as we celebrate the word of God in community together and hear the “Good News” of the Gospel. Please bring your prayer requests.

Mondays at 11:30 AM and Wednesdays at 3:00 PM

Neighborhood Walking Club – 1st Floor Lobby

Join us for a walk around our neighborhood as we explore the area around Pasadena Highlands. We will also benefit from a nice walk that will help us stay active and healthy!

Monday, the 2nd, and 16th, and 30th at 3:00 PM

Documentary Mondays – Theater Room

As we celebrate International Women's Day this month, we invite you all to come enjoy a documentary on three famous women that changed history. On March 2nd we'll explore the life of Amelia Earhart, March 16th the Life of Betty White, and lastly on March 30th the life of Maya Angelou.

Every Wednesday, at 10:20 AM

Technology Help – 1st Floor Library

Having trouble with your mobile device? Or your laptop? Not to worry, the activity staff are more than glad to help! Sign up in the Activity Sign Up book for one on one assistance.

Wednesday, the 4th, 18th, 25th, at 1:30 PM and the 11th at 1:00 PM

Flower Arranging - Garden Room

Join us for a time of relaxation, as we arrange our dining room vases with beautiful flowers that bring joy to our residents!

Wednesday, March 11th at 2:00 PM

Card Making with Loren – Garden Room

Come enjoy this fun card making activity with instructor Loren Kantor to create beautiful cards out of carved out rubber blocks. You won't want to miss this one!

Thursdays, at 2:30 PM

Brain Games – Theater Room

Puzzles, Puzzles, Puzzles. Word Searches, Crosswords, Junk Drawers, and so much more. As you solve them one by one, you'll give your brain a workout while you're having fun. Join us every Thursday at 2:30PM in the Theater Room!

1st and 3rd Thursday of the month, at 7:15 PM

Music with Norm and Robin - Garden Room

Music with Norm and Robin will continue every 1st and 3rd Thursday of the month. Come enjoy an hour of beautiful music and instruments as they play all your favorite songs. Whether it be oldies, jazz, classical, or ballads, they'll play it all!

Fridays, at 11:30 AM

Beach Ball Volleyball – Garden Room

We are excited to incorporate this new full body exercise activity! Join us for a friendly game of beach ball volleyball where the objective of the game is to keep the beach ball up for as long as we can. What a perfect way to have fun and exercise at the same time! See you all there!

Fridays, at 7:15 PM

Classic Movie Night with Popcorn and Candy – Theater Room

Come enjoy a classic movie that will take you down memory lane with a fresh bag of popcorn and candy!

Saturday March 7th, 14th, 21st at 2:30 PM

Uno Card Game – Theater Room

UNO is the classic brain stimulating card game that's easy to pick up and impossible to put down! Players take turns matching a card in their hand with the current card shown on top of the deck either by color or number. Special action cards deliver game-changing moments as they help you defeat your opponents.



## HEALTH & WELLNESS

**Mondays - Saturdays all Exercise Programs at 10:30 AM.....Garden Room**  
**Monday - Wednesday.....Exercise with Activity Staff**  
**Thursdays, Fridays & Saturdays.....Exercise with Marilyn**

**Podiatrist Visits on the 1st and 2nd Tuesday of the Month.**  
**Please sign up in the Activities Sign Up book in the Club Room.**

**1st Tuesday of the Month, at 9 AM**  
**2nd Tuesday of the Month, at 1 PM**

**Podiatrist Dr. Weill- Fitness Room**  
**Podiatrist Dr. Jittima- Fitness Room**

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



## March Health & Wellness

## Health Topics

### WELLNESS PROGRAMS

To enhance your health & wellness, there are mobile programs available that provide services to you right here at Pasadena Highlands in the convenience of your home. These programs include: Doctor-On-Call, Podiatrists, Hearing Specialists, and Massage Therapists.

### HEALTH TOPICS

#### Daily by Appointment

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 issues. This style of therapy will facilitate improvement of communication skills, alternative communication methods, and facilitate safe oral swallowing. Call Pasadena Highlands to be connected to the Rehab Care Office to make an appointment.

#### Speech-Language Pathology - Fitness Room

### 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**

**Tray Service Available Daily - \$7.00 per tray**

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

**Al Fresco Dining on the Patio. Make reservations at Front Desk.**

#### 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.**

## MARCH BIRTHDAYS

Jean Priver 3/2  
 Marianne Zwanger 3/3  
 John King 3/4  
 Hazel Farris 3/5  
 Marjorie Houpt 3/5  
 Lola Bockemuehl 3/6  
 Sandra Spearman 3/7  
 Edith Metcalf 3/8  
 Gilda Grego 3/10  
 Peter Mason 3/11  
 Pat Stoops 3/13  
 Maggie Bernstein 3/20  
 Lois Salata 3/21  
 Gerald Hoxworth 3/24  
 Anna Amendola 3/25  
 Laura Alto 3/26  
 Harry Gedigian 3/31



### RESIDENT BIRTHDAY PARTY

March 28th, at 1:30 PM in the Garden  
 Room with entertainment from the  
 One and Only Tatjana!

## MARCH WELCOME TEA

Thursday, March 26th at 1:30 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.



## IN LOVING MEMORY

To our Family and Friends, we extend our deepest condolences  
 to those that were recently lost.



Diane Cline  
 Selma Hatrick  
 Florence Bridges  
 John Eubanks  
 Eileen St. Amand

## 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 Karla for special arrangements.

### SUNDAY

Church Rides (Other churches, than those listed  
 below, are available upon request)  
 9:30 AM to 12:30 PM  
 9:30 AM: Knox & Pasadena Presbyterian  
 10:00 AM: Saint Elizabeth of Hungary Roman  
 Catholic Church  
 10:30 AM: All Saints Episcopal Church &  
 St. Felicitas 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: 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

Stephanie Walters  
*Executive Director*

Laura Sanchez, LVN  
*Clinical Nursing Director*

Alexis Gonzalez  
*Sales Counselor*

Ruel Rodgers  
*Sales Counselor*

Karla Medina  
*Activity Director*

Wayne Scott  
*Director of Food Services*

Sanda Lee  
*Assistant Director of Health & Wellness*

Maria Alarcon  
*Business Office Manager*

John Arbona  
*Plant Operations Director*

Carlos Caff  
*Housekeeping Director*