The Palms At Bonaventure Assisted Living & Memory Care

111 North Wells Road • Ventura, California 93004 • Phone (805) 647-0616 • www.seniorlivinginstyle.com Facility License Number RCFE #565802467



AUGUST 2020

THE PALMS AT BONAVENTURE STAFF

Administrator.......BRANDY MCCAULEY, LVN
Assistant Administrator.......JULIE VILLALOBOS
Director of Health Services......DEBRA PAGEL, RN
Resident Services Coordinator...JEANNIE LIGHT, LVN
Memory Care Coordinator....PAZ GRAY, LVN
Executive ChefMICHAEL CALLAHAN
Activity Coordinator.....JOHN WHITE
Activity Coordinator-MCMARIA GONZALEZ
Administrative AssistantLINDA HESTER
Maintenance CoordinatorSERGIO RAMIREZ
Transportation......DAVE GILBERT

TRANSPORTATION

Monday, 1:30 p.m.: Shopping Outing

Tuesday - Thursday, 10:30 a.m.-1:30 p.m.: Doctor Appointments and Miscellaneous Transportation

Friday 9:45 a m · Scenic Drive/Community Outings



At the Beach

The combination of sand and surf creates scenic coastlines across the world. Relax, unwind and find out what makes some beaches fascinating and fantastic.

- Beaches became popular destinations during the 1700s.
 Doctors often prescribed a visit to the seashore to improve a person's health.
- Most beach sand is tan or white in color, but there are beaches with sand that's black, green, pink, purple and red.
- Brazil is home to the world's longest beach, Casino Beach, which stretches 150 miles long.
- You'll find the "shark tooth capital of the world" at Venice Beach in Florida. Every year, hundreds of

fossilized teeth from prehistoric sharks wash ashore there.

- At 58 feet high, the world's tallest sandcastle was built on a German beach in 2019.
- Tides have turned California's Glass Beach from trash to treasure.
 Its shore is covered with polished pebbles of colorful sea glass,
 made from garbage tossed into the ocean long ago.
- A day at the beach or the spa? You can have both at New Zealand's Hot Water Beach, where the water underneath the beach heats up to 150 degrees. Beachgoers dig holes in the sand to soak in their own hot tubs.



20 Fun Facts About Summer

The days are longer and the weather is warmer. Whether your plans include staying inside enjoying the air-conditioning or sitting outside in the heat enjoying a nice cold glass of lemonade, there's probably a lot of cool and fun things you might not have known about the hottest season of the year. We've compiled 20 fun facts about summer to help get you in the spirit of the season!



20 Fun Facts About Summer:

- 1. The first modern Olympic Games were held in the summer in 1896 in Athens, Greece.
- 2. The first day of summer is between June 20th and June 22nd every year.
- 3. The first day of summer is called the summer solstice, and the day varies due to the Earth's rotation not exactly reflecting our calendar year.
- 4. The last day of summer is September 20th.
- 5. Watermelon is one of summer's best summer treats. Did you know that watermelons are not a fruit, but a vegetable instead? They belong to the cucumber family of vegetables.
- 6. The Eiffel Tower actually grows in the heat of the summer. Due to the iron expanding, the Tower grows about 6 inches every summer.
- 7. If you love ice cream, the summer season should be your favorite. July is National Ice Cream Month.
- 8. Another interesting fact about summer is that television shows used to only be reruns during the summer months. The idea being that everyone was outside enjoying the weather.
- 9. A June fun fact is that the month of June is named after the Roman goddess Juno.
- 10. The first women's bathing suit was created in the 1800s. It came with a pair of bloomers.
- 11. The "dog days of summer" refer to the dates from July 3rd to August 11th. They are named so after the Sirius the Dog Star. This star is located in the constellation of Canis Major.
- 12. Frisbees, invented in the 1870s as a pie plate, but in the 1940s, college students began throwing them around. They have since stopped being used for pie plates and are now a summertime staple.
- 13. For a July fun fact, Roman General Marc Antony named the month of July after Julius Caesar.
- 14. July is National Blueberry Month.
- 15. Ice pops were invented in 1905 by an 11-year-old boy.
- 16. Mosquitos are most prevalent during summer months and have been on earth for more than 30 million years.
- 17. Most water parks are on a summer seasonal schedule and most amusement parks have a full time season from Memorial Day to Labor Day.
- 18. August was named after Julius Caesar's nephew. He had received the title of "Augustus" which means "reverend."
- 19. The first National Spelling Bee was held on June 17, 1825.
- 20. More thunderstorms occur during summer than any other time of year. They are also more common in the south east of England.

Enjoy your summer!



Long-Term Care Ombudsman

The Long-Term Care Ombudsman program is available to help resolve problems related to the health, safety, welfare, and rights of individuals who live in LTC facilities such as nursing homes, board and care and assisted living facilities, and other residential communities. If any residents or members would like to contact the Long-Term Care Ombudsman, you are invited to call (805) 656-1986.



A Beary Happy Father's Day

This year, Father's Day was celebrated with a wilderness theme. All of our fellas received luxurious soap on a rope. Handsome beasts, indeed!



Soap on a rope for all of our gentlemen



Jim's a happy camper.



Happy Father's Day from "Camp Bonaventure."



Gone fishing!

Let's Get Cooking!

Our Let's Get Cooking: Food From Around the World series allows residents to 'travel' the world and assist our Executive Chef in preparing tasty treats. Each participant receives a plane ticket, travel poster, and information about the food being prepared. They even learn a little bit about the history, culture and language of the country we're visiting. So far, we've made Cannelloni from Italy, Brigadeiro from Brazil, and Spam Musubi from Hawaii.



Off to Italy to make Cannelloni



Pearl with her travel poster and plane ticket to Italy



Chef Michael assists Katina with filling her Cannelloni.



Chef Michael instructing Eva with her Cannelloni



Ray enjoys his tasty Cannelloni.



Off to Brazil to make delicious Brigaderio!



Katina learns all about Brazilian Brigaderio.



Chef Michael assists Pearl with making Brigaderio.



Chef Michael instructs on how to mix the ingredients for Brigaderio.





Loretta is excited to taste her Brigaderio.



Off to Hawaii to make scrumptious Spam Musubi



Eva with her travel poster and plane ticket to Hawaii



Chef Michael assists Jim with making his Spam Musubi.



Katina is excited to taste her Spam Musubi.



Chef Michael demonstrates how to make Spam Musubi.

Acrylic Tulip Art

Flowers are always a good inspiration for artistic expression! For this art project, the residents used acrylic paints in layers and then scraped different designs onto the paper before cutting out the flower and leaf shapes. The results were very unique and beautiful.



Eva puts on the finishing touches.



Pearl's colorful creation



Eva's delightful art



Loretta's lovely bouquet



Pearl lays out her design.





When the world is staying apart, we are coming together.

The Palms At Bonaventure
Assisted Living & Memory Care

805-647-0616



AUGUST 2020

Birthdays

Lupe M., 2nd (Employee)
Julie V., 5th (Employee)
Lynn C., 5th
Angelica A., 6th
(Employee)
Jose R., 11th (Employee)
Zina O., 12th (Employee)

(Employee)
Filomena K., 16th
Marilyn J., 17th
Marissa H., 19th

Graciela A., 13th

David L., 21st
Mary V., 23rd (Employee

Locations

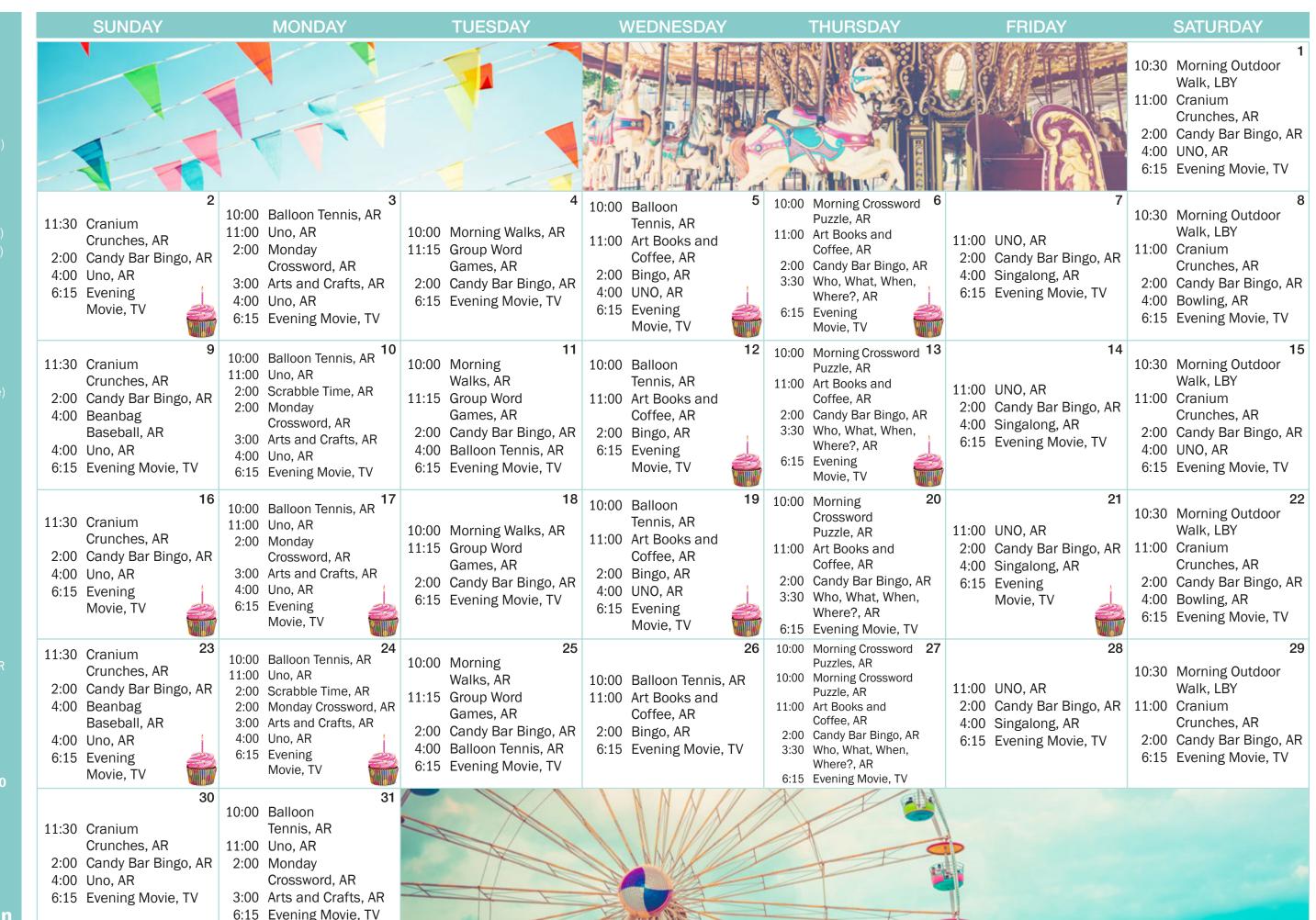
Activity Room, AR
Chapel, Chapel
Dining Room, DR
Fireplace (in DR), FP
Library, LBR
Lobby, LBY
Loft, Loft
Lounge, LG
Outing, O
Outside Back
Patio, Outside
Pool Room (Upstairs), P
TV Movie Room, TV

The Palms Beauty Salon

Jessica Jeffrey Salon --Jessica: (805) 766-4210

"A dog is a window to Mother Nature."

-Cesar Millan



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Memory Care

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Birthdays

Eileen F. 1st

Jo'Lissa D, 4th (Employee)

Betsabe S, 5th (Employee)

Joe H, 22nd

Abram L, 27th

Locations

Activity Room, AR Dining Room, DR

Door To Door, D2D

Fireplace Lounge, MC FL

Library, LBR

Outing, O

Outside Back Patio, Outside

TV Movie Room, T\

All in This Together:
COVID screens, Face
Coverings, Social
Distancing and
Frequent Handwashing

"A dog is a window to Mother Nature."

-Cesar Millan

4:00 Bingo, AR

6:00 Comedy Hour, AR

4:00 Sensory Memory, AR

6:00 "I Love Lucy" Hour, TV

