

January 2021

The Lakes Newsletter

The Lakes Assisted Living And Memory Care

Celebrating January

Get Organized Month

**International Creativity
Month**

**Volunteer Blood Donor
Month**

First Foot Day
January 1

Trivia Day
January 4

Bobblehead Day
January 7

**Make Your Dream Come
True Day**
January 13

Martin Luther King Jr. Day
January 18

Compliment Day
January 24

Kazoo Day
January 28

Sundance Film Festival
January 28–February 3

**Inspire Your Heart
with Art Day**
January 31

HAPPY NEW YEAR EVERYONE!!

May you have a great year filled with immense happiness and luck! Stay in good health and achieve greater heights of success. Wishing you a wonderful year ahead!



Attention All Residents

The nursing department and I will be administering covid-19 rapid testes in the next two weeks.

Testing will be available in the Building B dining room on December 25th, & January 1st, 2021.
from 10am to 12pm

If you are unable to attend the testing on the dates above, we can also provide the testing on December 24th 28th, 31st or January 4th, 2021

From 10am to 12pm

For any questions, please feel free to reach out
Thank you for all your cooperation!

Adriana Ruiz, LVN
(951)845-2220 ext. 211

RESIDENT SPOTLIGHT

RUSSELL HEPBURN

RUSSELL WAS RAISED IN DETROIT MICHIGAN. HE WAS MARRIED TO A VERY BRIGHT AND INTELLIGENT WOMEN FOR OVER 20 YEARS, RUSSELL AND HIS WIFE HAVE NO CHILDREN TOGETHER. RUSSELL HOBBIES INCLUDED SPORTS, MAINLY BASKETBALL AND MEETING THE PRO ATHLETES. HE HIMSELF PLAYED SOCCER FOR A VERY LONG TIME. FOR ENJOYMENT RUSSELL LIKES TO TAKE LONG WALKS FOR EXERCISE.

RUSSELL IS AN ARMY VETERAN. (SPECIAL SERVICES). MR. HEPBURN LOVES TO TRAVEL. HE'S VISITED ALL 50 STATES AND HAS EVEN BEEN TO OTHER COUNTRIES. OUT OF ALL THE STATES HE'S BEEN TO, HE LOVES CALIFORNIA THE MOST!

THANK YOU RUSSELL, WE ENJOY HAVING YOU HERE AT THE LAKES!



EMPLOYEE OF THE MONTH

ANTHONY BRITTO

ANTHONY WAS BORN AND RAISED IN LAGOS, NIGERIA. HE AND HIS WIFE HAVE BEEN MARRIED FOR 5 YEARS NOW AND HAVE 5 CHILDREN TOGETHER. AND 1 GRANDCHILD.

WHILE ANTHONY LIVED IN NIGERIA HE WAS A DOCTOR. HE WAS THE 1ST DOCTOR TO DELIVER QUADRUPLETS IN THE HISTORY OF ISLAND MATERNITY IN LAGOS, BACK IN 2008. ONE OF HIS HAPPIEST MEMORIES WAS WHEN HE WON BEST DOCTOR OF THE YEAR AT RANDLE GENERAL HOSPITAL IN LAGOS, NIGERIA THREE YEARS IN A ROW. ANTHONY IS STUDYING TO SERVE IN THE MEDICAL FIELD HERE IN THE US. WHILE WORKING IN MEMORY CARE AS A CAREGIVER.

ANTHONY HOBBIES INCLUDE DANCING TO OLD SCHOOL MUSIC AND READING MEDICAL BOOKS.

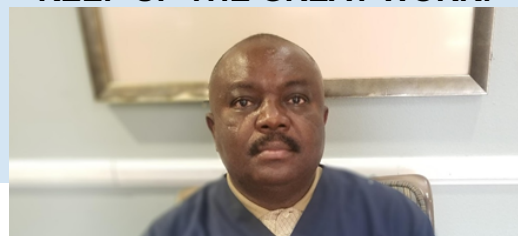
HE ALSO ENJOYS PLAYING SOCCER ON HIS FREE TIME.

AS FOR TRAVELING HE'S BEEN TO LONDON, ROME, AND PARIS AND SOMEDAY WOULD LOVE TO GO TO CANADA BRAZIL AND JAMAICA.

HE ENJOYS WORKING IN MEMORY CARE BECAUSE IT STILL REMINDS HIM OF HIS GERIATRIC EXPERIENCES WHILE TAKING CARE OF PEOPLE IN LAGOS, AT STATE UNIVERSITY TEACHING HOSPITAL.

“MY BOSS IS GOOD AND THE STAFF IS BEAUTIFUL”

THANK YOU ANTHONY FOR BEING AWESOME! KEEP UP THE GREAT WORK!



The Lakes at Banning

Leadership Team

Terry Records

Executive Director

Office: (951) 845-2220 ext. 210

Email: trecords@thelakesatbanning.com

Mobile: (909) 665-2844

Chris Gregory

Community Relations Coordinator

Tuesday – Saturday 9am -5p

Office: (951) 845-2220 ext. 209

Email: cgregory@thelakesatbanning.com

Mobile: (909) 222-3604

Ricky Vanarsdall

Environmental Services Director

Monday - Friday 8am-5p

(depending on company needs; on call)

Office: (951) 845-2220 ext. 207

Email: rvanarsdall@thelakesatbanning.com

Mobile: (951) 258-7994

Karla Espinoza

Business Office Director

Monday - Friday 8:30am-5p

(depending on company needs)

Office: (951) 845-2220 ext. 205

Email: kespinoza@thelakesatbanning.com

Mobile: (909) 222-0889

Adriana Ruiz, LVN

Health and Wellness Director

Monday - Friday 8:30am-5p

(depending on company needs; on call)

Office: (951) 845-2220 ext. 211

Email: aruiz@thelakesatbanning.com

Mobile: (951) 847-4098

Shannon Huggins, LVN

Memory Care Director

Friday – Tuesday 8:30am-5p

(depending on company needs; on call)

Office: (951) 845-2220 ext. 234

Email: cgregory@thelakesatbanning.com

Mobile: (909) 665-0277

Liezel Rom

Dining Service Director

Monday - Friday 7:30am-4p

(depending on company needs)

Office: (951) 845-2220 ext. 204

Email: cromero@thelakesatbanning.com

Mobile: (951) 392-0964

Natalie Thompson

Life Enrichment Coordinator(acting)

Sunday – Thursday 8am-4:30

Office: (951) 845-2220 ext. 206

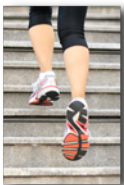
Email: Nthompson@thelakesatbanning.com

Basketball for All



On January 27, 1927, the Harlem Globetrotters basketball team played their first game in Hinkley, Illinois. It was an era when Black players were not allowed to play on professional teams. Abe Saperstein, a Chicago sports booking agent, was impressed with the talent of a team known as the Savoy Big Five, so named because they played in Chicago's Savoy Ballroom. He recruited them to play on a new team, the New York Harlem Globetrotters, named after the neighborhood that was the center of African American culture at the time. The team competed throughout the country, even beating the Minneapolis Lakers, the best team in the NBA, in 1948. The Globetrotters never joined the NBA but instead became one of the world's most beloved and talented basketball teams, delighting crowds with their play and playful on-court antics.

Better Health, Step by Step



The American Lung Association wants you to Take the Stairs on January 13, hoping that this holiday encourages you to get exercise one step at a time. Stair climbing strengthens your leg muscles, improves balance, burns fat, and increases blood flow and heart rate, which help lower blood pressure and boost good cholesterol. You don't need to climb 100 flights of stairs to enjoy the benefits. A sustained workout of 20 minutes, or even taking a couple of flights up and down, is often enough to experience some health benefits. For more ambitious athletes, there are plenty of exotic staircases to challenge your stamina. Lion Rock in Sri Lanka is home to a 1,500-year-old-palace carved into a rock with 1,200 steps that allow you to reach the 660-foot peak

January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are responsible masters of self-control and considered some of the hardest workers in the zodiac. They are practical planners and leaders who value experience and expertise. Those born from January 20–31 are the Water Bearers of Aquarius. These deep-thinking intellectuals have big and original dreams.

Resident Birthdays

John Gilbert- January 3rd
Carol Bland January 7th
Jan Jones- January 8th
Virginia Smith January 8th
Russell Hepburn- January 17th
Minnie Lizotte- January 20th
Violet Brown- January 22nd
Walter Huntington- January 24th
Glen Clement- January 27th
Nancy Rundell- January 28th
Beryl Mckinnon- January 31st

Famous Birthdays

Betsy Ross (upholsterer) – January 1, 1752
Diane Keaton (actress) – January 5, 1946
Zora Neale Hurston (writer) – January 7, 1891
Elvis Presley (musician) – January 8, 1935
Max Roach (drummer) – January 10, 1924
Martin Luther King Jr. (minister) – January 15, 1929
Michelle Obama (first lady) – January 17, 1964
Etta James (singer) – January 25, 1938
Oprah Winfrey (TV host) – January 29, 1954
Jackie Robinson (ballplayer) – January 31, 1919