



ALMAVIA of CAMARILLO

an ELDER CARE ALLIANCE community

RCFE License
#565800682

2500 Ponderosa Dr. N • Camarillo, CA 93010 • (805) 388-5277

Wisdom Really Does Come With Age

Recent research shows that, in addition to a lifetime of experience, elderly wisdom can also be attributed to some changes in the brain. Brain scans reveal that older people are more likely than the young to utilize both the left and right sides of the brain, allowing them to make more balanced decisions. Aging brains are also less influenced by dopamine, the chemical that fuels emotion, so they are more inclined to think things through rather than act impulsively.

Motivational Tip: No 'Bad' Days

We all have days when things don't go our way. Don't label an entire day "bad" because of a mishap or two (or three). Take a deep breath, smile, and remember the good things that happened, too.

Give Your Brain a Boost

Stuck in the dreary doldrums of winter? Clear out the cobwebs collecting in your mind by focusing your attention on some brain-boosting food. Start your day with whole-grain cereal and a glass of O.J.—both are loaded with folic acid, which aids memory function and keeps neurons firing fast. Snack on some peanuts; they contain choline, which is known to enhance mental energy. Fruits and veggies—especially berries, grapes, apples, plums, broccoli and spinach—help protect against memory loss. And don't forget the fish oil, which is also good for your brain. Get the essential omega-3s from fish such as salmon.

February 2012



Happy Birthday to You ...

Kathleen Schroeder	Feb. 14
Don Johnson	Feb. 14
John Frisbie	Feb. 17
Bill Lankford	Feb. 23
Ann Chisolm	Feb. 28



Welcome to the AlmaVia Family ...

Kevin Cleaves	Ruth Spalinger
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AlmaVia of Camarillo Staff

Rachel Main	Interim Executive Director
Amanda Larson	Sales and Marketing Director
Sarah Stichler	Admin. Services Director
Linda Wilford	Resident Care Director
Charles Bertok	Culinary Services Director
Carolyn Myers	Life Enrichment Director
Vladimir Altshul	Maintenance Supervisor
Julie Morris	Chaplain

Special Events!!!

- Feb. 5 *Hairspray* the Play in Moorpark
- Feb. 5 Worship Service & Communion
- Feb. 8 Jewelry Sale; Dementia In-Service
- Feb. 10 "The Love of Art" at Proverbs Coffee House; Bill Carter Sings
- Feb. 11 Scenic Drive
- Feb. 12 Worship Service
- Feb. 13 Valentine's Baking w/Rachel
- Feb. 14 Valentine's Dance at Sr. Center; Forever Young Singers; Couples' Dinner
- Feb. 15 Life Enrichment Meeting
- Feb. 17 French Fry Friday Outing; "Chat with Charles;" What's That Taste?
- Feb. 18 Mardi Gras Mask Craft
- Feb. 19 *110 in the Shade* Play in Camarillo
- Feb. 21 Town Hall Mtg.; Mardi Gras & Birthday Celebration
- Feb. 22 Garden Time With the Chaplain
- Feb. 23 Could You Be a Poet, But Not Know It?
- Feb. 28 Parkinson's Support Group; Funny Munny Auction
- Feb. 29 Men's Breakfast; MAGIC SHOW

Sunday

Monday

Tuesday

<i>February</i>		**ACTIVITIES ARE SUBJECT TO CHANGE**	
<p>8:30-12 Church Transportation</p> <p>1:00 <i>Hairspray</i> (at High St. Arts Center in Moorpark)**</p> <p>1:30 Crossword -DRL 2:00 Worship Service & Communion -GR 2:45 Root Beer Floats -DRL 3:30 Super Bowl -GR 3:45 Bingo -GR</p>	5	<p>Last Day of Chinese New Year</p> <p>9:30 Morning Prayer -Ch 10:00 Sit 'n' Be Fit -GR 11:00 Out to Lunch at Golden China in Ventura** 1:00 Movie: <i>Waiting for Superman</i> -GR 2:30 Crossword -DRL 4:00 Margarita Monday W/Music by Bartolo -DRL</p>	6
<p>8:30-12 Church Transportation</p> <p>1:15 Crossword -DRL 2:00 Worship Service W/Pastor Erik -GR 2:45 Root Beer Floats -DRL 3:45 Bingo -GR</p>	12	<p>9:30 Morning Prayer -Ch 10:00 Sit 'n' Be Fit -GR 10:30 Valentine's Baking w/Rachel -BK 11:00 Out to Lunch: at Olive Garden in Oxnard** 1:00 Movie: <i>Abraham Lincoln: Preserving the Union</i> -GR 2:30 Crossword -DRL 4:00 "Pomegranate Martini" Monday -DRL</p>	13
<p>8:30-12 Church Transportation</p> <p>11:00 New Hope Road Singers -DRL 1:15 <i>110 In the Shade</i> (at Camarillo Comm. Theatre)** 1:30 Crossword -DRL 2:30 Root Beer Floats -DRL 3:30 Bingo -GR</p>	19	<p>9:30 Morning Prayer -Ch 10:00 Sit 'n' Be Fit -GR 11:00 Out to Lunch at Teppen Steak House in Oxnard** 1:00 Movie: <i>George Washington: Founding Father</i> -GR 2:30 Crossword -DRL 4:00 Margarita Monday W/Music by Bartolo -DRL</p>	20
<p>Johnny Cash's Birthday</p> <p>8:30-12 Church Transportation</p> <p>1:30 Crossword -DRL 2:30 Root Beer Floats -DRL 3:30 Bingo -GR 4:00 The Academy Awards -DRL</p>	26	<p>9:30 Morning Prayer -Ch 10:00 Sit 'n' Be Fit -GR 11:00 Trip to Oaks Mall** 1:00 Movie: <i>Johnny Cash: The Line</i> -GR 2:30 Crossword -DRL 4:00 Margarita Monday -DR</p>	27
		<p>10:00 Organ Music -MC 10:30 Bible Study -L 11:00 Word Fun -DRL 11:30 "Library Lady" -DRL 1:00 Parkinson's Support Group at CHCD** 2:00 Afternoon Exercise -GR 2:45 Funny Munny Auction -DRL 3:45 Poker Club -L</p>	28



For December:
 Jesse Camarillo

Wednesday	Thursday	Friday	Saturday
<p>9 Blood Pressure Check -L 1 10:00 Sit 'n' Be Fit -GR 10:30 Holy Communion -Ch 11:00 Crossword -GR 11:30 Spiritual Care Focus Group -PDR 1:15 Penny Ante Poker -DRL 2:30 Ice Cream Social -DRL 3:30 Bingo -GR 6:00 Movie: <i>The Russians Are Coming, The Russians Are Coming ...</i> -DRL</p>	<p>2 9:30 "Come and See" W/Chaplain Julie -L 11:00 Spanish Lesson -GR 1:30 Rosary Making -BK 2:00 Afternoon Exercise -GR 3:00 Brain Gain -DRL 4:00 "Love on a Leash" Therapy Dogs -DRL 6:00 Bingo -GR</p>	<p>3 National "Wear Red Day" in Observance of "Women's Heart" Week 10:00 Sit 'n' Be Fit -GR 11:00 Crossword -GR 2:30 Word Games -DRL 4-4:45 Sip, Savor & Socialize -DRL</p>	<p>4 9:30 Pretty Nails -GR 11:15 EASY! Crossword -DRL 2:30 Bingo -GR 4-4:45 Wine, Then Dine -DRL 6:00 Movie: <i>Groundhog Day</i> -DRL</p>
<p>10-3 Jewelry Sale -DRL 8 10:00 Sit 'n' Be Fit -GR 10:30 Holy Communion -Ch 11:00 Crossword -GR 1:15 Penny Ante Poker -DRL 2:30 Ice Cream Social -DRL 3:30 Bingo -GR 6:00 Movie: <i>Doctor Zhivago</i> -DRL 6:00 Dr. Rajala Dementia In-Service -GR</p>	<p>10-11:30 FREE 12 Hearing Check-L 9 9:30 "Come and See" W/Chaplain Julie -L 11:00 Spanish Lesson -GR 2:00 Afternoon Exercise -GR 3:00 Brain Gain -DRL 4:00 "Love on a Leash" Therapy Dogs -DRL 6:00 Bingo -DRL</p>	<p>10 10:00 Sit 'n' Be Fit -GR 11:00 Crossword -GR 1:00 "The Love of Art" Display at Proverbs Coffee House in Camarillo** 2:30 BIG! Scrabble -DRL 4-4:45 Sip, Savor, Socialize & SING W/Bill Carter -DRL</p>	<p>11 9:30 Pretty Nails -GR 10:45 Avon Shopping -DRL 11:00 Scenic Drive** 1:30 EASY! Crossword -DRL 2:30 Bingo -GR 4-4:45 Wine, Then Dine -DRL 6:00 Movie: <i>The American President</i> -DRL</p>
<p>15 10:00 Sit 'n' Be Fit -GR 10:30 Holy Communion -Ch 11:00 Crossword -GR 1:15 Penny Ante Poker -DRL 2:30 Ice Cream Social -DRL 2:45 Life Enrichment Meeting (All About Activities) -DRL 3:30 Bingo -GR 6:00 Movie: <i>Yankee Doodle Dandy</i> -DRL</p>	<p>16 9:30 "Come and See" W/Chaplain Julie -L 11:00 Spanish Lesson -GR 1:30 Rosary Making -BK 2:00 Communion W/Father Bill Lowe -GR 3:00 Brain Gain -DRL 4:00 "Love on a Leash" Therapy Dogs -DRL 6:00 Bingo -GR</p>	<p>17 10:00 Sit 'n' Be Fit -GR 11:00 Crossword -GR 11:45 French Fry Friday: Out to Lunch at In 'n Out Burger** 1:30 "Chat With Charles:" Culinary Services Meeting -DRL 2:30 What's That Taste? -DRL 4-4:45 Sip, Savor & Socialize -DRL</p>	<p>18 9:30 Pretty Nails -GR 11:00 Mardi Gras Mask Craft -GR 2:30 Bingo -GR 4-4:45 Wine, Then Dine -DRL 6:00 Movie: <i>Beaches</i> -DRL</p>
<p>22 10:00 Sit 'n' Be Fit -GR 10:30 Holy Communion -Ch 11:00 Crossword -GR 1:30 Garden Time With the Chaplain -Crt 2:30 Mmm, Mmm Milk Shakes -DRL 3:30 Bingo -GR 6:00 Movie: <i>Ashes to Glory: An Easter Devotional</i> -DRL</p>	<p>23 9:30 "Come and See" W/Chaplain Julie -L 11:00 Spanish Lesson -GR 2:00 Afternoon Exercise -GR 3:00 Could You Be a Poet, But Not Know It? Poetry Fun: 4:00 "Love on a Leash" Therapy Dogs -DRL 6:00 Bingo -GR</p>	<p>24 10:00 Sit 'n' Be Fit -GR 11:00 Crossword -GR 2:30 BIG! Upwords -DRL 4-4:45 Sip, Savor & Socialize -DRL</p>	<p>25 9:30 Pretty Nails -GR 10:45 Avon Shopping -DRL 11:15 EASY! Crossword -DRL 2:30 Bingo -GR 4-4:45 Wine, Then Dine -DRL 6:00 Movie: <i>Walk the Line</i> -DRL</p>
<p>29 8:00 Men's Breakfast -GR 10:00 Sit 'n' Be Fit -GR 10:30 Holy Communion -Ch 11:00 Crossword -GR 2:00 Bingo -GR 3:30 Magic Show -DRL 6:00 Movie: <i>Leap Year</i> -DRL</p>		<p>Location Key: BK-Becky's Kitchen Ch-Chapel CR-Computer Room (2nd Floor) Crt-Courtyard DR-Dining Room DRL-Dining Room Lounge GR-Gathering Room L-Library MC-Memory Care PDR-Private Dining Room</p>	<p>{February} American Heart month www.Heart.org</p>

February 2012

Here at AlmaVia of Camarillo, we strive to not only keep you healthy and safe, but also to enrich your lives with fun, entertaining and worthwhile things to do. We offer spiritual, musical, "brain gain," large group, small group, physical, artistic and "gender specific" activities, as well as many others. We offer in-house, as well as out-of-house activities. We also have people and animals from local communities come to AVC to offer many types of services. But in order to ensure that we are offering things that individual residents like and/or want to do, we need to get to know each of you better.

Over the next couple of months, we will be utilizing a form called "Getting to Know You," which will help us to do just that (better than we may already).

Residents who have moved in since December 2011, got this form before they moved in and by the time you are reading this article, many of you will have already been "interviewed" by either Carolyn, Life Enrichment Director, Julie the Chaplain or by one of two seminarian students, Jeff and Oscar, from St. John's Seminary, who will be doing some outreach studies here at AlmaVia.

For those of you who have not been interviewed yet, don't worry! It will be a brief process, but will, in the long run, help us to offer an even better Life Enrichment Program than we already do.

Also, as a reminder, we hold regular Life Enrichment Meetings (this month it is on Feb. 15), where residents can come to give their input on things they would like to see added to the monthly calendar of activities. Please come share your opinions!

"This Month In History" February

1692: Arrest warrants are issued for three Salem, Mass., witches.

1790: George Washington gives the first State of the Union address.

1790: In New York City, the U.S. Supreme Court convenes for the first time.

1870: Fifty years before the 19th Amendment is ratified, Utah grants women the right to vote.

1898: Whoa, Nelly! Car insurance against accidents with horses is issued by Travelers Insurance Co.

1910: William Boyce founds the Boy Scouts of America.

1925: Thanks to a heroic dog-sled relay, the population of Nome, Alaska, is saved from a deadly diphtheria outbreak.

1941: The United Service Organizations (U.S.O.) is founded, providing centers across the world with a home away from home for U.S. servicemen and women.

1942: Auto plants across the United States cease civilian automobile production and, instead, build military tanks, Jeeps and aircraft.

1964: The Beatles invade America with an appearance on "The Ed Sullivan Show."

1980: Dubbed the "Miracle on Ice," the U.S. Olympic hockey team upsets the Soviet Union team, advancing in play. The U.S. team goes on to win the gold medal.

1996: IBM's Deep Blue computer defeats world chess champion Garry Kasparov.

2000: The last original "Peanuts" comic strip appears in newspapers one day after its creator, Charles M. Schulz, dies.

2006: The Northeast gets buried in a snowstorm that drops a whopping 26.9 inches on New York City, the most snow the state had ever seen since record-keeping began in 1869.