

Santa Visits Silvergate San Marcos Suites



Happy Birthday!

Please join us on Thursday,
January 28th at 10:30 a.m. to wish our residents a very happy birthday!

Robert H.	1/1
James W.	1/13
Daniel C.	1/17
Margaret R.	1/18
Dorothy W.	1/19
Rosemary A.	1/20
Betty B.	1/25
Katye M.	1/26
Gloria A.	1/29

We thank Daryl Jones (Santa) for making Christmas Day a memorable one! John calls his son to tell him guess who's here!

Alzheimer's Support Group

You are invited to attend this supportive meeting every second Tuesday of each month at 6:30 p.m. at the Residence Building in the Palm Room.

This meeting is offered by the Alzheimer's Association.

We would enjoy seeing our new family members join us!

Silvergate San Marcos Administrative Staff

Melba Dunn	Administrator	Joseph Fernandez	Director of Food Services
Dennis Prejusa	Director of Resident Care	Andrew Mickelson	Director Maintenance
Patty Martinez	Business Office/Housekeeping	Lorraine Herschleb	Director of Activities/Transportation
David Nelson	Director of Marketing		

RCFE # LIC. # 37460026



Silvergate San Marcos Suites

January 2010

1550 Security Place • San Marcos, California 92078 • (760) 744-4484 • www.SilvergateRR.com

Making a Positive Difference in the Lives of Our Residents

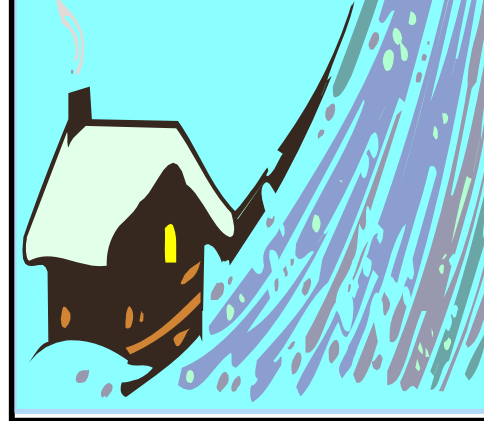
Dear Family Members, Residents, Staff and Friends:

We are looking forward to the New Year. The programs we have planned are designed with the individuality of our residents in mind and with the opportunity for success and feeling of self-worth that each of our residents need.



Thank You Silvergate San Marcos Families & Residents!
The employees at Silvergate San Marcos would like to extend a sincere and heartfelt thank you to all the residents and to family members who contributed so generously to the Employee Appreciation Fund.

The gracious attitude of our residents and families makes working at Silvergate a pleasure throughout the year. We thank each of you for your thoughtfulness and we look forward to serving you and working with you in 2010!



The goal of our Activities Program is to help reinforce our resident's self-esteem and to minimize the frustrations that are common with Alzheimer's and dementia-related conditions. We invite you to share your ideas, suggestions and concerns as we continue to strive to make Silvergate San Marcos Suites a safe and secure environment for our residents to live.

Providing a variety of programs with new sights and sounds is important for people with dementia. Routine is essential, but varying activities can be motivating and pleasurable to the memory-impaired person. We would like to highlight a few of those activities for this month's calendar. **Jeanette Way** uses her own brand of humor to gain audience participation with her recollections of the accounts of each month's personalities, artifacts and antiques. Join us for **History Matters** on **Thursday January 7th from 2:30 to 3:30 p.m.** for this intriguing presentation. **Physical** activities burn off excess energy and provide stimulation. The **Tuesday and Thursday** exercise program with Debra Savicki is designed to reduce agitation (common in Alzheimer's Disease), and wandering. We also offer **Tai Chi** every **Wednesday** afternoon conducted by Patrick Griffith. Both Patrick & Debbie are great assets to our program and we are grateful for their professional expertise.

Silvergate San Marcos Calendar of Events

January 2010

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
													
3 9:00-11:30 Leisure Activities* 2:00-4:30 Leisure Activities*	4 9:00 Current Events with Rachel Ray* 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:00 Scenic Drive ** 10:30 One On One** 1:30 Creative Snacks** 1:30 Small Group Activities** 2:00-4:30 Leisure Activities*	5 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:30 Winterball with Phil F1** 1:30 Sit-N-Be-Fit-F2** 1:30 Just For You** 2:30 Crafts with Kayla** 2:00-4:30 Leisure Activities* Beauty Salon-\$	6 9:00 Current Events with Rachel Ray* 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:30 Life Enhancement - F2 (\$) 1:30 Tai Chi Exercise -F2 2:00-4:30 Leisure Activities* 2:30 Beauty Cart**	7 9:00 Current Events with Rachel Ray* 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:30 Bingo with Kayla-E2 ** 10:30 Just For You** 2:30 Our History Matters -E2 2:00-4:30 Leisure Activities*	8 9:00 Current Events with Rachel Ray* 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:30 Music with Dewey-F1 1:30 Volley Ball -F1** 2:00-4:30 Leisure Activities* 2:00 What Do You Know?*** 2:30 One On One**	9 9:00-11:30 Leisure Activities* 10:30 Morning Stretch with Kalya** 1:30 Activities On Wheels** 2:30 Afternoon Walks** 2:00-4:30 Leisure Activities* 6:00 Lawrence Welk T.V.-11*	10 9:00-11:30 Leisure Activities* 2:00-4:30 Leisure Activities*	11 9:00 Current Events with Rachel Ray* 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:30 One On One** 1:30 Creative Snacks** 1:30 Small Group Activities** 2:00-4:30 Leisure Activities*	12 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:30 Toss Across** 1:30 Sit-N-Be-Fit-F2** 2:00 Finish the Phrase** 2:30 Crafts with Kayla** 2:00-4:30 Leisure Activities* 5:30 Evening Music with Phil**	13 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:30 Life Enhancement - F2 (\$) 10:30 One On One** 1:30 Tai Chi Exercise -F2 2:00-4:30 Leisure Activities* 2:30 Stirring Up Our Senses** Podiatrist Visits	14 9:00 Current Events with Rachel Ray* 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:30 Bingo with Kayla-E2 ** 10:30 Just For You** 1:30 Sit-N-Be-Fit-F2 2:00-4:30 Leisure Activities* 2:30 Artistic Expressions-CR**	15 9:00 Current Events with Rachel Ray* 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:30 Sing Along-E2** 10:30 Stirring Up Our Senses** 1:30 Dodgeball-F1** 2:00-4:30 Leisure Activities* 2:30 One On One**	16 9:00-11:30 Leisure Activities* 10:30 Morning Stretch with Kalya** 1:30 Activities On Wheels** 2:30 Afternoon Walks** 2:00-4:30 Leisure Activities* 6:00 Lawrence Welk T.V.-11*
17 9:00-11:30 Leisure Activities* 2:00-4:30 Leisure Activities*	18 9:00 Current Events with Rachel Ray* 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:00 Scenic Drive ** 10:30 One On One** 1:30 Music Jams F1** 2:00-4:30 Leisure Activities*	19 9:00-11:30 Leisure Activities* 10:30 Ball Toss** 1:30 Sit-N-Be-Fit-F2** 2:00 Keep'em Laughing** 2:30 Crafts with Kayla** 2:00-4:30 Leisure Activities* 5:30 Small Group Activities** Beauty Salon-\$	20 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:30 Activities On Wheels** 10:30 Life Enhancement - F2 (\$) 10:30 One On One** 1:30 Tai Chi Exercise -F2 2:00-4:30 Leisure Activities* 2:30 How's Your Aim?***	21 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:30 Bingo with Kayla-E2 ** 10:30 Just For You** 1:30 Sit-N-Be-Fit-F2 2:00-4:30 Leisure Activities* 2:30 Artistic Expressions-CR**	22 9:00 Current Events with Rachel Ray* 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:30 Sing Along-E2** 10:30 Stirring Up Our Senses** 1:30 Bowling-F1** 2:00-4:30 Leisure Activities* 2:30 One On One**	23 9:00-11:30 Leisure Activities* 10:30 Morning Stretch with Kalya** 2:00 Saturday Social ** 2:30 Afternoon Walks** 2:00-4:30 Leisure Activities* 6:00 Lawrence Welk T.V.-11*	24 9:00-11:30 Leisure Activities* 2:00-4:30 Leisure Activities*	25 9:00 Current Events with Rachel Ray* 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:00 Scenic Drive ** 10:30 One On One** 1:30 Creative Snacks** 1:30 Small Group Activities** 2:00-4:30 Leisure Activities*	26 9:00-11:30 Leisure Activities* 10:30 Activity Cart** 1:30 Sit-N-Be-Fit-F2** 2:00 State Capitols** 2:30 Crafts with Kayla** 2:00-4:30 Leisure Activities* 5:30 Small Group Activities** Beauty Salon-\$	27 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:30 Life Enhancement - F2 (\$) 1:30 Tai Chi Exercise -F2 2:00-4:30 Leisure Activities* 2:00 40's Party**	28 9:00 Current Events with Rachel Ray* 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:30-11:30 Birthday Party -F1** 1:30 Beauty Cart** 2:00-4:30 Leisure Activities* 2:30 Artistic Expressions-CR**	29 9:00 Current Events with Rachel Ray* 9:00-11:30 Leisure Activities* 10:00 Price Is Right* 10:30 Sing Along-E2** 10:30 Stirring Up Our Senses** 1:30 Parachuting-F1** 2:00-4:30 Leisure Activities* 2:30 One On One**	30 9:00-11:30 Leisure Activities* 10:30 Morning Stretch with Kalya** 1:30 Activities On Wheels** 2:30 Afternoon Walks** 2:00-4:30 Leisure Activities* 6:00 Lawrence Welk T.V.-11*
31 9:00-11:30 Leisure Activities* 2:00-4:30 Leisure Activities*													
<p>(F1) France 1-1st Floor (I1) Italy 1-1st Floor (E1) England 1-1st Floor (F2) France 2-2nd Floor (E2) England 2-2nd Floor (I2) Italy 2-2nd Floor (CR) Craft Room (CY) Courtyard</p> <p>Activity Location Key</p> <p>(OC) Out of Community (Requires prior approval and is based on Resident ability) (\$) Fee Activities with ** are facilitated by Activity Staff in the individual home units. Activities with * are facilitated by the Caregivers in the individual home units.</p>													

Changes to the Calendar programs may occur and will be announced as soon as possible.