

Roma Celebrates 100 Years!

Roma Philbrook Rentz was born December 6, 1909 to James A Robeson & Blanche Maughmer in Liberty, Missouri. She always says she is the last surviving offspring of James and Blanche and as she likes to say, "the last fallen leaf from the tree". The Maughmer Family originally migrated to the United States in the 1800's. Roma graduated in 1947 summa cum laude obtaining a Hospital Administration & Business Management degree from Northwestern University in Chicago, Ill. In early years she resided in Missoula, Montana. In 1949 she became the Manager of Asilomar Conference Grounds of Pacific Grove, California continuing in that position for 28 1/2 years. She has always considered that period the most important part of her life. Her meticulous management involved work on a \$9 million Master Plan for the center solely funded from operating funds. She also developed the center for training the California Throughout the years Asilomar awards as well as landscape and 1978 she moved to Lake San Mar-friendship with Col. Bob Rentz, an 32 years with American Airlines. passed away in 1985. In 1978 she unteer for Anza-Borrego Founda- ing several committees as well as dent. In 1996 during the Califor- banquet held in Ventura, Califor- orary Ranger for her Asilomar contributions. A passionate opera devotee she also served on the San Diego Opera Board.



the center solely funded from operat- William Penn Mott, Jr. Training Cen- Parks & Recreation employees. was the recipient of many prestigious architectural honors. After retiring in cos and in 1979 she renewed an old Air Force pilot who had retired after They were married in 1979. Bob began a 19-year relationship as a vol- tion, a non-profit organization, chair- holding the position of Vice Presi- nia State Park Rangers Association's nia, she received recognition as Hon- and Anza-Borrego Foundation contri- butions.

We are celebrating Roma's birthday on Saturday, December 5th! Join us in England 1 at 1:00 p.m. for cake and refreshments!

Happy Birthday!

Please join us on Thursday, December 3rd at 10:30 a.m. to wish our residents a very happy birthday!

Phyllis M.	12/5	Olive T.	12/25
Roma R.	12/6	Felicita M.	12/31
Carolyn J.	12/12		

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

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Mental Exercises

By Michelle Williams, BS, AD

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Studies show that mental exercises are very beneficial according to Dr. Robert Friedland and colleagues of Case Western Reserve University School of Medicine. There is evidence that mental calisthenics help create healthy nerve paths in the brain which could replace those lost or impaired by disease. While there is no definite proof that cognitive exercises can actually improve mental status; including mental games in activity programs can only be beneficial to participants.

An activity program should contain some kind of daily mental exercise, even if it is only for 15-20 minutes. At Silvergate this includes doing group crossword puzzles, playing simple card games, reading the current news, reading nursery rhymes and having residents finish the phrases, discussing short stories from articles in Reader's Digest, using a map to recall cities and state capitols and remembering favorite songs during our Sing Along Sessions.

Making a Positive Difference in the Lives of Our Residents

December



is a wonderful time for all of us here at Silvergate San Marcos. There will be many festivities to enjoy throughout the month. We want to invite family and friends to join us, so mark your calendar for all of our special activities as we celebrate together.

Calendar Highlights

Open House - On Wednesday, December 9th come to our annual Holiday Open House Celebration from 2:00 to 4:00 and enjoy Hors d'oeuvres, cocktails, entertainment by pianist Ron Loscalzo at the Residence Building and at the Suites Building, spend a few hours visiting your neighbors and share some holiday memories over Sparkling Cider & Holiday Cookies.

Employee Appreciation Party - On Wednesday, December 23rd, residents and staff will gather in France 1 from 2:00-3:00 p.m. to toast each other in the spirit of the season. This special time of the year is recognized by the residents & their families as a time of giving as they acknowledge their appreciation to the Silvergate employee's.



Plan Ahead

On The Road Again- Our transportation department has planned a spectacular outing to view the Holiday of Lights at the Del Mar Fair Grounds. Sign up to join us on Monday, December 21st (bus leaving at 6:00 p.m.) by calling the Activities Department at 744-4484 extension 114.

