

## Silvergate San Marcos Recognizes Jackie Campbell



The Silvergate San Marcos Residents and Staff would like to thank Jackie Campbell for her genuine and caring attitude towards residents and staff and for her service of over ten years! She has been a dedicated employee since beginning her employment on December 28, 1998. Jackie is dependable and reliable when it comes to any of the activities she facilitates, and the transportation to medical appointments which she coordinates. We are proud to honor her commitment to making Silvergate San Marcos a "Better Place To Live and Work"

### 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** is a full service retirement community offering a broad range of services for older adults including active retirement living, assisted living and memory care. Silvergate is situated in the heart of San Marcos, within walking distance of many shops and services. We also provide transportation to shopping, banking, and doctor appointments. This monthly newsletter highlights the active life style and community events.

### FYI

Families are welcome to schedule a private party or family get-together with loved ones here at Silvergate San Marcos Residence.

Just give the Activities Department a call at 760-744-4484 extension 114. We would be happy to reserve a room for you.

Ask for Lorraine Herschleb

## Silvergate San Marcos Administrative Staff

|                |                           |                    |                                       |
|----------------|---------------------------|--------------------|---------------------------------------|
| Melba Dunn     | Administrator             | Joseph Fernandez   | Director of Food Services             |
| Dennis Prejusa | Director of Resident Care | Andrew Mickelson   | Director Maintenance/Housekeeping     |
| Patty Martinez | Business Office Manager   | Lorraine Herschleb | Director of Activities/Transportation |
| David Nelson   | Director of Marketing     | Sarah Taylor       | Dining Room Supervisor                |

RCFE LIC. # 374600026



# Silvergate San Marcos

## RESIDENCE

August 2009

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

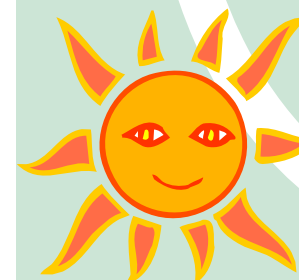
## Luau Celebration

Join us as we celebrate one of our biggest events of the year. Our annual Luau takes place on **Wednesday, August 12th** with a spectacular show you won't want to miss. Nohea Polynesia will kick off our event with an outstanding performance of dancers in authentic costumes that will take you on an exotic trip to the islands. In Hawaiian, Nohea means lovely, and you can expect that with this group! Then dive into the Luau feast our Executive Chef, Joseph Fernandez has prepared just for this occasion. Cost for guests is \$18.00. Due to our limited seating, reservations will be required for **all Guests. Please R.S.V.P. no later than Friday, August 7th. Call 744-4484 extension 100 or stop by the front desk to make your reservation.**



## Summer Social

Join us on the Courtyard from 4:00-5:00 p.m. **Monday, August 17th** for refreshing beverages or a glass of wine and easy listening music with the **Benny Jackson Trio**. Bring a friend or neighbor and enjoy some friendly conversations and don't forget your dancing shoes!



## Plan Ahead

One of our most popular trips each month is when we board the van to **Valley View Casino** for a day in a genuine Las Vegas atmosphere. Have fun playing blackjack, and slot machines. Enjoy a plentiful buffet at a reasonable price. Join us on **Thursday, August 6th**. Please be in the lobby by 9:15

**Armchair Astronomy** presents: **Black Holes:** Invisible but Powerful Oddities These amazing bodies, long just theoretical ideas, have now been discovered at the heart of many galaxies. They come in a huge variety of masses and are the remains of old stars compressed to infinite density. They are invisible by their nature, but their presence is seen by the effects on bodies near them.



**Day Out to Shop**  
Join us for an enjoyable afternoon shopping at Plaza Camino Real in Carlsbad. This is your opportunity to shop till you drop. We will all meet at Pat and Oscar's for lunch. This outing will require extensive walking. **Seating is limited so sign up early by calling the Activities department at 760-744-4484 extension 114. Our van leaves promptly at 10:00 a.m. so please be in the lobby by 9:45.**

### Lunch Bunch

Join us for a lunch outing to the Original House of Pancakes in Vista. Our van leaves at 11:00 a.m. on Friday, August 28th. This cozy little restaurant offers a tasty fare at reasonable prices and the crepes are out of this world! **Seating is limited so sign up early by calling the Activities department at 760-744-4484 extension 114.**



# Out & About



**Thursday, August 6**  
**Valley View Casino**  
**9:30 a.m.**

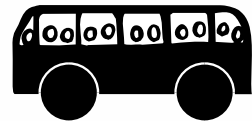
Have fun playing black jack, and slot machines. Sign up in the Activity Book if you plan to go. **Space is limited so sign up early!**

**Friday, August 14 & 28**  
**Scenic Drive**  
**1:15 p.m.**

You must climb aboard and join Jackie for a Scenic Ride throughout beautiful San Diego and North County. From Cabrillo National Monument to Camp Pendleton there is always a sight to be seen.

**Friday, August 7**  
**Wheelers On the Road**  
**1:15 p.m.**

Sign up for a scenic drive in our Silvergate Van. Enjoy the scenery throughout North County. You must sign up as space is limited.



## For Your Shopping Needs

### Discount Shopping

**Monday, August 24 at 1:30 p.m.** Enjoy shopping at Trader Joe's, Henry's, Wal-Mart, Target or the Dollar Store.

### Assisted Shopping

We offer this service for those who need assistance with their shopping. Contact Jackie at 744-4484 extension 114 to schedule an appointment.

## Church Transportation Schedule

We provide transportation to the following local Churches:

- St. Marks Catholic Church
- Palomar Heights Assembly of God
- Meadowlark Community Church
- United Church of Lake San Marcos
- San Marcos Lutheran Church



### Outing Notes

Due to the high increase in gasoline prices, we must have a **minimum of 5 residents** signed up for our outings. Please sign up in the Activities Sign Up Book early so we can make necessary plans for our trips. When fees are required, payments are expected at time of departure.

**GUESTS ARE ALWAYS WELCOME**

**Wednesday, August 19**  
**Shopping & Lunch Outing**  
**10:00 a.m.**

### Day Out to Shop

Join us for an enjoyable afternoon shopping at Plaza Camino Real in Carlsbad. **Seating is limited so sign up early** by calling the Activities department at 760-744-4484 extension 114.

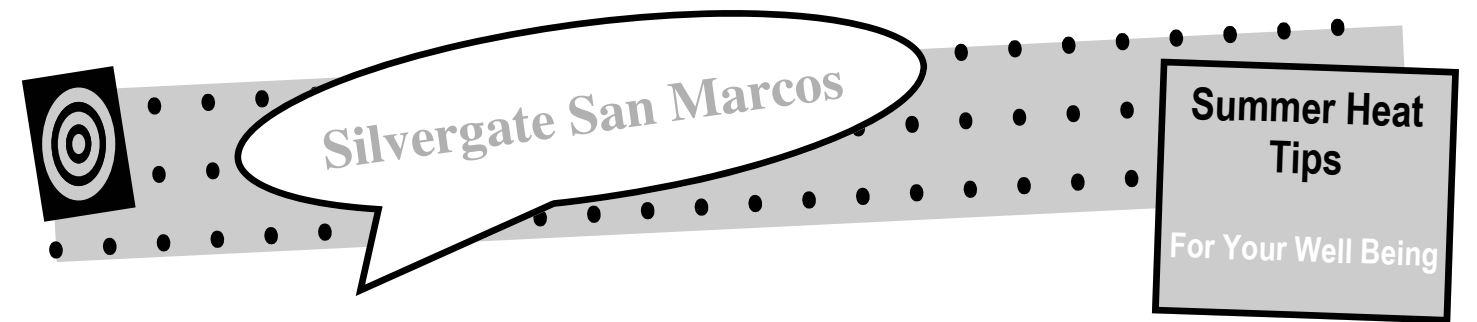
### Local Banking

**Monday, August 3, 17 & 31 at 1:30 p.m.** to Citi-Bank, Wells Fargo, Bank of America or a local bank within a 10 mile radius for your banking needs. Sign up in the Activity Book located in the Lobby.

### Local Area Shopping

**Monday, August 3, 17 & 31 at 1:30 p.m.** to Vons, Albertson's, Sav-On, Rite-Aid and other local businesses for your shopping needs.

**Note: If you desire to attend a church not listed and within our 10 mile radius, please contact our Activities Department at 744-4484 extension 114.**



# Health Talks

With summer here and the high heat and humidity, I thought it might be helpful to share with you several ideas to help you beat the summer heat and keep your apartment comfortable during the hot months ahead.

Here are some tips:

1. Do Not open your windows when the outside temperatures are over 80 degrees. This warm air draws in heat and humidity to the building and makes it difficult to manage.
2. Wear light colored, lightweight clothing.

3. Drink lots of fluids, especially water and fruit drinks.
4. Eat light foods, as hot heavy foods tend to add heat to the body. Avoid the use of high salt foods.
5. Wear a hat when outside in the sun.
6. Stay inside during the hottest part of the day, typically from 11:00am-2:00pm.
7. When outdoors, wear sun block/sunscreen of at least 15 SPF or greater.

# Health & Wellness Programs

**Podiatrist Dr. Farmer: Second Wednesday** of every month at 10:30 a.m. in Activity Room (2nd Floor). Sign up in the Activity Book.

**Transportation:** Contact Jackie at 744-4484 ext. 114 for your **medical appointments**. We provide transportation Tuesday through Thursday.

**Exercise with Debbie** Tuesdays and Thursdays at 10:00 a.m. in the Palm Room.

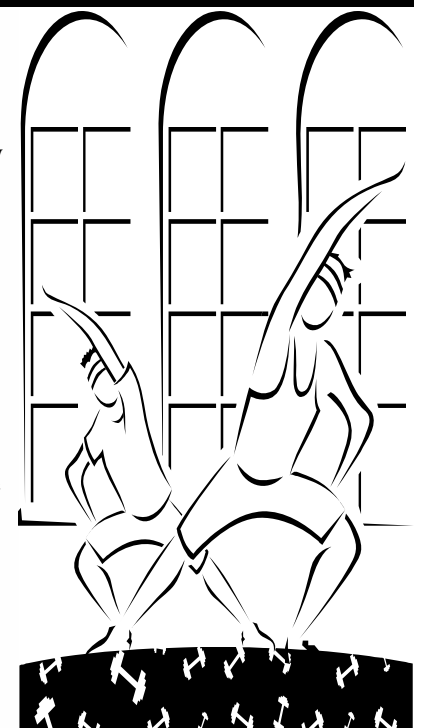
**Tai Chi with Patrick** Mondays and Wednesdays at & Saturdays at 1:00 p.m. in the Palm Room.

### Walking Club

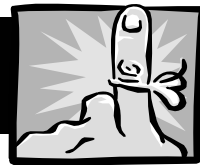
Join us on **Fridays at 9:00 a.m.** as we walk at the beach or at Discovery Lake in San Marcos.

### 24 Hour Fitness Club

If you are interested in belonging to the fitness club just across the street, then please contact Melba Dunn at 760-744-4484 extension 102 for more information. The membership is free of charge for our residents.



# Monthly Reminders



## Resident Council Meeting Thursday, August 27

1:00 p.m. Library

The Resident Council meetings are scheduled monthly at 1:00 p.m. Your Council Members are: Dan Brewer, Jay Wyne, Betty Miller, Bunny Kortenbach, Neva Botting, Addie Hoch and Kate Morton.

## Game Hour

Tuesday, August 18

11:00 a.m. Game Room (2nd Floor)

Join us for Rummicube, Spite & Malice, Kings On the Corner, Train Dominoes or bring your favorite board game.

## Social Hour

Enjoy coffee and doughnuts every Saturday at 8:00 a.m. in the Bombay Lounge.

Meet together and discuss current topics while enjoying a cup of coffee and freshly made doughnuts from Foster's Doughnuts.

## Board Games

Available in the Palm Room are chess, checkers, Scrabble and more. Let the Activities staff know if your looking for a partner to play your favorite board game with. We will post a special flyer and make some announcements in the Dining Room.

## Bingo

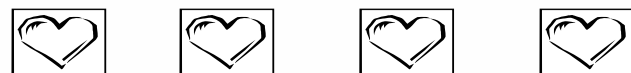
Join us for Bingo on Mondays and Wednesdays at 3:00 p.m. on Saturday evenings at 6:00 and on Sunday afternoons from 2:30 to 3:30 in the Game Room (2nd Floor). Please note that if there is an outing or special event that coincides with Bingo, we will not play that day. Please check the Daily Event Board for any Calendar changes.

## In-House Seamstress

Monday, August 3, 17 & 31

1:00-1:45 p.m.

All are welcome to meet Jane Steensma in the Bombay Lounge. She has been our in-house seamstress for 5 years! Her prices are very reasonable and the work she does is excellent. Bring your item for alteration and Jane will take care of the details.

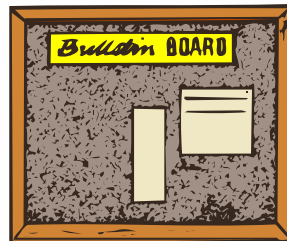


## Bridge Lessons

If you are interested in taking bridge lessons or need a refresher course or just a few pointers, the Activities Department is taking names and working with Jay Wyne who will be conducting the classes. Please call Lorraine Herschleb, Activity Director at 760-744-4484 extension 114 if you are interested in signing up.

## Community Board

Announcing FREE Classified ADS! Sell your items or give them away. The Activities Department has a Community Board in the Activity Room (2nd Floor). Residents or Employees are welcome to submit their request to Lorraine Herschleb. We will type your request & post it for you. Call 744-4484 extension 114.



## Library

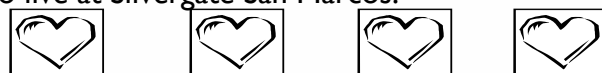
Daily Newspapers and an extensive magazine selection are provided for your reading pleasure. Please leave all newspaper sections in the Library in the baskets provided. Books are available for you to check out and we ask that you return them in the Book Return Basket.

## Alzheimer's Support Group Second Tuesday of the Month 6:30 p.m.

Join us for informative discussions on overcoming the challenges associated with the needs of persons with Alzheimer's Disease.

## A Word About Our Assisted Living

We are proud to offer program's that provide a supportive environment. fun activities and educational programs that help our residents to continue to stay involved in pastimes and enjoy their lives. The Activities Staff meets with each resident to discuss lifestyle preferences and needs. We plan programs to accommodate those needs with a great deal of imagination, innovation, skill and decision-making for a successful activities program that will enrich the lives of those who have chosen to live at Silvergate San Marcos.



# Monthly Highlights



## Trivia

Wednesday, August 5

11:00 a.m.

Trivia with Liz will energize your conversations and perhaps get a laugh or two! Join her in the Activity room for fascinating facts and intriguing questions.

## Our History Matters

Thursday, August 6

1:00 p.m.

Join Jeanette Alesio Way for an intriguing presentation that is always enjoyed by everyone. Come prepared to learn about the many things to celebrate in August.

## Ice Cream Social

Friday, August 21

2:00 p.m.

Join us on the courtyard for Hot Fudge Sundaes with all your favorite toppings.



## Activities Auction

Wednesday, August 26

3:00 p.m.

Join us in the Palm room on Wednesday, August 26th from 3:00-5:00 p.m. and bring your "Auction Bucks" to bid on the items

you've been waiting for. Ask Liz in the Activities Department if you have questions about how to obtain your "Auction Bucks".



## Birthday Dinner

Monday, August 31

4:00 p.m.

Celebrate July Birthdays with us during dinner and enjoy a scrumptious meal especially prepared by our Chef Joseph Fernandez. Join us in the dining room at 4:00 and enjoy entertainment by Bill & Ginger Bertie



## Crafts

Monday, August 3, 17 & 31

2:00 p.m.

Join us in the Activity Room if you would like to have a great time doing a craft project. Stop by the Activity Room and see what crafts we are making and sign up with Liz in the Activities Department if you would like to join the class. This class is limited and sign up's are on a first come first serve basis.

## Q & A with Liz

Friday, August 14

10:30

Join Liz in the Activity room (2nd floor) for some great conversation.

## Monday Mornings with Liz

10:30 a.m.

We're on the right path for Monday morning Activities. Liz invites you to join her in the Palm Room for fun and challenging programs that will start the week out right.

## Knit-Together

Join us in the Activity Room (2nd Floor) every Tuesday at 3:00 p.m. to crochet or knit. This is a good time to get to know your neighbors and have some good fellowship!

## Internet Café

For those who are interested in learning how to e-mail, Jackie offers lessons on Fridays. Just give her a call to make an appointment at 744-4484 extension 114. Several residents have learned how to send and receive e-mail from family and friends with just a click of the mouse!

## Church Services

Thursdays

6:00 p.m.


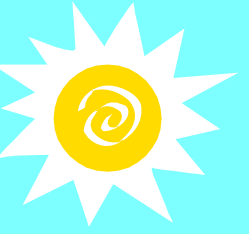
Join us in the Palm Room for Hymns of praise and a message from the Bible with Pastor Jim McClintok officiating.



This is a non-denominational service.

# Silvergate San Marcos Calendar of Events

August 2009

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |  |
|--|---|---|--|---|--|---|--|
|                           |    |   |   |    |   |    |  |
| <p><b>2</b></p> <p>9:00-12:00 Church Transportation<br/>10:00 Sunday Movie<br/><b>2:30-3:30 Bingo</b></p>  | <p><b>3</b></p> <p>10:30 Monday Mornings with Liz<br/>1:00 Tai Chi<br/>1:00-1:45 Alterations by Jane<br/>1:30 Local Banking &amp; Shopping<br/>1:30 Educational Video<br/>2:00 Crafts with Jane<br/>3:00 Bingo<br/>6:00 Bridge</p>                        | <p><b>4</b></p> <p>9:00 Dr. Appointments-Tri City<br/>9:00 Manicures &amp; Pedicures<br/>10:00 Exercise<br/>11:00 Comedy Video<br/>3:00 Apartment Visits with Liz<br/>3:00 Knit-Together<br/>6:30 Movie-Residents Choice</p>                | <p><b>5</b></p> <p>9:00 Dr. Appointments Escondido<br/>9:30 Bible Study<br/>11:00 Trivia<br/>1:15 Bridge<br/>1:00 Tai Chi<br/>3:00 Bingo<br/>6:00 Bridge</p>   | <p><b>6</b></p> <p>9:30 Casino Trip<br/>10:00 Exercise<br/>11:00 Travel Video<br/><b>1:00 Our History Matters</b><br/>6:00 Church Services</p>  | <p><b>7</b></p> <p>9:00 Catholic Communion<br/>9:00 Morning Walk<br/>10:00 Library Committee<br/>1:15 Bridge<br/>1:15 Scenic Drive<br/>1:30 AMC TV Viewing<br/><b>4:00 "First Friday" Happy Hour</b></p>                   | <p><b>1</b></p> <p>8:15 Doughnuts &amp; Coffee<br/>8:30 Church Transportation<br/>10:30 National Geographic Video<br/>1:00 Tai Chi<br/>2:00 Saturday Movie<br/>6:00 Lawrence Welk<br/><b>6:00 Saturday Night Bingo</b></p>  |  |
| <p><b>9</b></p> <p>9:00-12:00 Church Transportation<br/>10:00 Sunday Movie<br/><b>2:30-3:30 Bingo</b></p>  | <p><b>10</b></p> <p>10:30 Monday Mornings with Liz<br/>1:15 Bridge<br/>1:00 Tai Chi<br/>1:30 Educational Video<br/>3:00 Bingo<br/>6:00 Bridge</p>   | <p><b>11</b></p> <p>9:00 Dr. Appointments-Tri City<br/>10:00 Exercise<br/><b>1:30 Bill's Movies</b><br/>3:00 Apartment Visits with Liz<br/>3:00 Knit-Together<br/><b>6:30 Alzheimer's Support Group</b><br/>6:30 Movie-Residents Choice</p> | <p><b>12</b></p> <p>9:00 Dr. Appointments Escondido<br/>9:30 Bible Study<br/><b>10:30 Podiatrist</b><br/>1:15 Bridge<br/>1:00 Tai Chi<br/><b>4:00-6:00 Luau</b><br/>6:00 Bridge</p>                  | <p><b>13</b></p> <p>9:00 Dr Appointments Encinitas<br/>10:00 Exercise<br/>11:00 Travel Video<br/>2:30 Chess Game<br/><b>4:00-5:00 Armchair Astronomy</b><br/>6:00 Church Services</p>                                   | <p><b>14</b></p> <p>9:00 Catholic Communion<br/>9:00 Morning Walk<br/>10:30 Q &amp; A with Liz<br/>1:15 Bridge<br/><b>1:15 Wheelers On the Road</b><br/>1:30 AMC TV Viewing<br/><b>2:00 Big Bingo</b></p>                  | <p><b>15</b></p> <p>8:15 Doughnuts &amp; Coffee<br/>8:30 Church Transportation<br/>10:30 National Geographic Video<br/>1:00 Tai Chi<br/>2:00 Saturday Movie<br/>6:00 Lawrence Welk<br/><b>6:00 Saturday Night Bingo</b></p> |  |
| <p><b>16</b></p> <p>9:00-12:00 Church Transportation<br/>10:00 Sunday Movie<br/><b>2:30-3:30 Bingo</b></p> | <p><b>17</b></p> <p>10:30 Monday Mornings with Liz<br/>1:00 Tai Chi<br/>1:00-1:45 Alterations by Jane<br/>1:30 Local Banking &amp; Shopping<br/>1:30 Educational Video<br/>2:00 Crafts with Jane<br/><b>4:00 Summer Social</b><br/>6:00 Bridge</p>        | <p><b>18</b></p> <p>9:00 Dr. Appointments-Tri City<br/>9:00 Manicures &amp; Pedicures<br/>10:00 Exercise<br/><b>11:00 Game Hour</b><br/>3:00 Knit-Together<br/><b>3:30 Welcome New Residents</b><br/>6:30 Movie-Residents Choice</p>        | <p><b>19</b></p> <p>9:00 Dr. Appointments Escondido<br/>9:30 Bible Study<br/><b>10:00 Outing Lunch &amp; Shop at Plaza Camino Real-Carlsbad</b><br/>1:15 Bridge<br/>1:00 Tai Chi<br/>6:00 Bridge</p> | <p><b>20</b></p> <p>9:00 Dr Appointments Encinitas<br/>10:00 Exercise<br/>11:00 Travel Video<br/><b>2:00-3:00 Food &amp; Dining Service Meeting</b><br/>2:30 Chess Game<br/>6:00 Church Services</p>                    | <p><b>21</b></p> <p>9:00 Catholic Communion<br/>9:00 Morning Walk<br/><b>10:30 Crosswords</b><br/>1:15 Bridge<br/>1:30 AMC TV Viewing<br/><b>2:00-3:00 Ice Cream Social</b></p>  | <p><b>22</b></p> <p>8:15 Doughnuts &amp; Coffee<br/>8:30 Church Transportation<br/>10:30 National Geographic Video<br/>1:00 Tai Chi<br/>2:00 Saturday Movie<br/>6:00 Lawrence Welk<br/><b>6:00 Saturday Night Bingo</b></p> |  |
| <p><b>23</b></p> <p>9:00-12:00 Church Transportation<br/>10:00 Sunday Movie<br/><b>2:30-3:30 Bingo</b></p> | <p><b>24</b></p> <p>10:30 Monday Mornings with Liz<br/>1:15 Bridge<br/>1:00 Tai Chi<br/>1:30 Discount Shopping<br/>1:30 Educational Video<br/>3:00 Bingo<br/>6:00 Bridge</p>  | <p><b>25</b></p> <p>9:00 Dr. Appointments-Tri City<br/>10:00 Exercise<br/>11:00 Comedy Video<br/><b>1:30 Bill's Movies</b><br/>3:00 Knit-Together<br/>6:30 Movie-Residents Choice</p>   | <p><b>26</b></p> <p>9:00 Dr. Appointments Escondido<br/>9:30 Bible Study<br/>1:15 Bridge<br/>1:00 Tai Chi<br/><b>3:00-5:00 Activities Auction</b><br/>6:00 Bridge</p>                                | <p><b>27</b></p> <p>9:00 Dr Appointments Encinitas<br/>10:00 Exercise<br/>11:00 Travel Video<br/><b>1:00 Resident Council</b><br/>2:30 Chess Game<br/><b>2:30 Short Stories &amp; More</b><br/>6:00 Church Services</p> | <p><b>28</b></p> <p>9:00 Catholic Communion<br/>9:00 Morning Walk<br/><b>11:00 Outing Lunch at Original Pancake House</b><br/>1:15 Bridge<br/>1:30 AMC TV Viewing<br/><b>2:00 Big Bingo</b><br/><b>6:00 Sing Along</b></p> | <p><b>29</b></p> <p>8:15 Doughnuts &amp; Coffee<br/>8:30 Church Transportation<br/>10:30 National Geographic Video<br/>1:00 Tai Chi<br/>2:00 Saturday Movie<br/>6:00 Lawrence Welk<br/><b>6:00 Saturday Night Bingo</b></p> |  |
| <p><b>30</b></p> <p>9:00-12:00 Church Transportation<br/>10:00 Sunday Movie<br/><b>2:30-3:30 Bingo</b></p> | <p><b>31</b></p> <p>10:30 Monday Mornings with Liz<br/>1:00 Tai Chi<br/>1:00-1:45 Alterations by Jane<br/>1:30 Local Banking &amp; Shopping<br/>1:30 Educational Video<br/>2:00 Crafts with Jane<br/><b>4:00-6:00 Birthday Dinner</b><br/>6:00 Bridge</p> |   |  |   |  |   | <p><i>August Birthdays</i></p> <p>Bill Anning 8/17    Ann Baxley 8/23<br/>Narci Kiewert 8/23    Ginny Evans 8/30</p> |

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