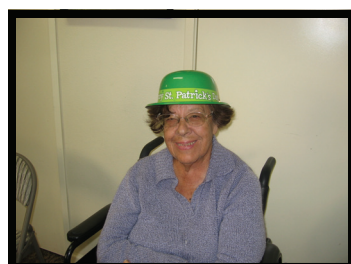


St. Patrick's Day at Silvergate San Marcos—Suites



Bless your little Irish heart
and every other Irish part.

Neighborhood Model of Care

We are pleased to offer a "Neighborhood" or Household" model of care here at Silvergate San Marcos Suites. Each home unit has personal care services provided by our capable, gentle, and compassionate staff.

There are small group activities scheduled throughout the day as well as one-on-one activities for residents who are unable to attend group activities. These activities are formed based on individual interests and level of ability to participate.

A variety of individual leisure activities which consist of puzzles, water-coloring, stamp art, memory books, trivia, word games, homemaking (such as folding laundry, dusting, winding yarn, sanding wood, sorting silverware etc.) are available and take place within the residents own suite or one of the specially created environments that are reminiscent of times past. We welcome family and friends to utilize these supplies while visiting your loved one. This can make your visit fun while engaging your loved one in keeping busy and stimulated.

Happy Birthday!

Please join us on Thursday,

April 28 at 10:30 a.m. to wish our residents a very happy birthday!



Burton Kubasko 4/7

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. # 374600026



Silvergate San Marcos Suites

April 2011

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

Cognitive Impairments

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We know that cognitive and memory impairments can change how a person thinks, acts and/or feels. These changes often present special challenges for families and caregivers. An ordinary conversation, for example, can be quite frustrating when your loved one has difficulty remembering from one moment to the next what has been said.

Individuals with cognitive impairment may experience a range of behavioral problems that can be frustrating for caregivers. Helpful suggestions for managing these problems include communication techniques, such as keeping language simple and asking one question at a time. Break down tasks and questions.

For example, instead of asking, "would you like to come in and sit down and have a snack?," use simple statements such as, "sit down here," and "here's a snack for you."



Making a Positive Difference in the Lives of Our Residents

April is Humor month. We can always find positive humor in everyday situations here at Silvergate San Marcos Suites. Humor is a wonderful thing and can add excitement and fun to otherwise monotonous days. "Humor is the great thing, the saving thing after all. The minute it crops up, all our hardness's yield, all our irritations and resentments flit away, and a sunny spirit takes their place." Mark Twain

Calendar Highlights

What comes to your mind when you think of April? Perhaps some of you are picturing flowers blooming, baby birds chirping, longer days and the warm sun on your face. Whatever your thoughts, why not join us for our **Spring Fling** celebration. We will have live entertainment by Diane Polinski and enjoy refreshing appetizers and beverages. **Join us in France 1 from 2:00-3:00 p.m. on Tuesday, April 19 for this fun filled occasion.**



You don't want to miss **Our History Matters** with **Jeanette Aliso-Way** for an intriguing presentation that is enjoyed by everyone. Come prepared to learn about many historical facts on **Thursday, April 7 at 2:30 p.m. in England 2.**

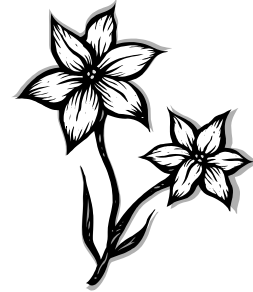
Join us on **Tuesday, April 26** for music with **The Musicstation in France 1 from 5:30 to 6:30p.m. and as always our families are welcome to join us.** Why not climb aboard the **Silvergate bus with Jackie every Monday at 10:00 a.m.** and enjoy the sights throughout beautiful North County. From Fallbrook to Escondido there is always something to delight your senses.

Silvergate San Marcos Calendar of Events

April 2011



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



Activity Location Key

- (F1) France 1-1st Floor (F2) France 2-2nd Floor (CR) Craft Room 1st Floor
 (I1) Italy 1-1st Floor (E2) England 2-2nd Floor (CY) Courtyard
 (E1) England 1-1st Floor (I2) Italy 2-2nd Floor (\$) Fee
 (OC) Out of Community Requires prior approval and is based on the Residents ability.
 (*) Activities are facilitated by Activity Staff in the common areas.
 (**) Activities are facilitated by Activity Staff in the individual home units.

<p>3 10:30 Active Games-Pickle Toss** 11:00 Stirring Up Our Senses-Matching* 1:00 Smooth Music & Easy Listening** 2:30 Short Sories & More</p>	<p>4 10:30 Morning Walks with Chela 10:30 Scenic Drive-OC 1:30 Popcorn & Movie** 2:00 Memories in the Making-CR 4:00 Music Appreciation**</p>	<p>5 10:30 Crossword Puzzle Group* 1:30 Sit-N-Be-Fit-F1* 1:30 Ball Therapy/Chair Soccer** 2:00 Activities On Wheels** 2:00 Afternoon Chats** 4:00 Beauty Caravan**</p>	<p>6 9:30 Morning Walks 10:30 Life Enhancement - F2 (\$) 1:30 Parachuting-F1* 2:30 Memories & More* 3:30 Put On Your Thinking Cap</p>	<p>7 10:30 Bingo-F1* 11:00 Board Games* 1:30 Ball Therapy/Chair Soccer** 2:30 Our History Matters -E2* 4:30 Stir Up Our Senses**</p>	<p>1 9:30 Morning Walks 10:30 Music 101:Chair Dancing* 1:30 Walks & Chats* 1:30 Balloon Volley* 2:30 Afternoon Socials*</p>	<p>2 10:30 Activities On Wheels** 1:00 Smooth Music & Easy Listening** 1:30 Book Worms ** 2:30 Make A Picture*</p>
<p>10 10:30 Active Games-Basketball** 11:00 Stirring Up Our Senses-Shapes* 1:00 Smooth Music & Easy Listening** 2:30 Short Sories & More</p>	<p>11 10:00 Outing-To Dixon Lake-OC 1:30 Memory Cart** 2:00 Memories in the Making-CR 4:00 Music Appreciation**</p>	<p>12 10:30 Brainwaves** 1:30 Sit-N-Be-Fit-F1* 1:30 Ball Therapy/Chair Soccer** 2:00 Afternoon Chats** 2:00 Stirring Up Our Senses** 3:00 Memories & Sounds* 5:30 Phil Gate Musical-F1*</p>	<p>13 9:30 Morning Walks 10:30 Life Enhancement - F2 (\$) 1:30 Tai Chi Exercise -F1* 2:30 Memories & More* 3:30 Put On Your Thinking Cap</p>	<p>14 10:30 Bingo-F1* 11:00 Board Games* 1:30 Ball Therapy/Chair Soccer** 1:30 Sit-N-Be-Fit** 2:30 Creative Cooking* 4:00 Finish the Phrase</p>	<p>15 10:30 Easter Photos 1:30 Basket Ball* 1:30 Walks & Chats* 2:30 Afternoon Socials* 3:30 Family Games</p>	<p>16 10:30 Activities On Wheels** 1:00 Smooth Music & Easy Listening** 1:30 Book Worms ** 2:30 Make A Picture*</p>
<p>17 10:30 Active Games-Ball Toss** 11:00 Stirring Up Our Senses-Familiar Sounds* 1:00 Smooth Music & Easy Listening** 2:30 Short Sories & More</p>	<p>18 10:30 Morning Walks with Chela 10:30 Scenic Drive-OC 1:30 Popcorn & Movie** 2:00 Memories in the Making-CR 4:00 Music Appreciation**</p>	<p>19 10:30 Word Games 1:30 Sit-N-Be-Fit-F1* 1:30 Ball Therapy/Chair Soccer** 2:00 Spring Fling-F1** 4:00 Beauty Caravan**</p>	<p>20 9:30 Morning Walks 10:30 Life Enhancement - F2 (\$) 1:30 Tai Chi Exercise -F1* 2:30 Memories & More* 3:30 Put On Your Thinking Cap</p>	<p>21 10:30 Bingo-F1* 11:00 Board Games* 1:30 Ball Therapy/Chair Soccer** 1:30 Sit-N-Be-Fit** 2:30 Creative Arts* 4:00 Trivia</p>	<p>22 9:30 Morning Walks 10:30 Music 101:Musical Chairs* 1:30 Darts Game* 1:30 Walks & Chats* 2:30 Afternoon Socials*</p>	<p>23 10:30 Activities On Wheels** 1:00 Smooth Music & Easy Listening** 1:30 Book Worms ** 2:30 Daily Living Skills*</p>
<p>24 10:30 Active Games-Golf 11:00 Stirring Up Our Senses-Textures* 12:00-1:00 Easter Dinner 1:00 Smooth Music & Easy Listening** 2:30 Short Sories & More Happy Easter</p>	<p>25 10:30 Morning Walks with Chela 11:00 Just For You** 1:30 Memory Cart** 2:00 Outing-Flower Fields 4:00 Music Appreciation**</p>	<p>26 10:30 Brainwaves** 1:30 Sit-N-Be-Fit-F1* 1:30 Ball Therapy/Chair Soccer** 2:00 Afternoon Chats** 2:00 Stirring Up Our Senses** 3:00 The Category Game* 5:30 Musicstation-F1*</p>	<p>27 9:30 Morning Walks 10:30 Life Enhancement - F2 (\$) 1:30 Tai Chi Exercise -F1* 2:30 Memories & More* 3:30 Put On Your Thinking Cap</p>	<p>28 10:30 Birthday Party 1:30 Ball Therapy/Chair Soccer** 1:30 Sit-N-Be-Fit** 2:30 Creative Cooking* 4:00 Hand Stretches</p>	<p>29 9:30 Morning Walks 10:30 Music 101: Follow the Beat 1:30 Walks & Chats* 1:30 Balloon Volley* 2:30 Afternoon Socials*</p>	<p>30 10:30 Activities On Wheels** 1:00 Smooth Music & Easy Listening** 1:30 Book Worms **</p>

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