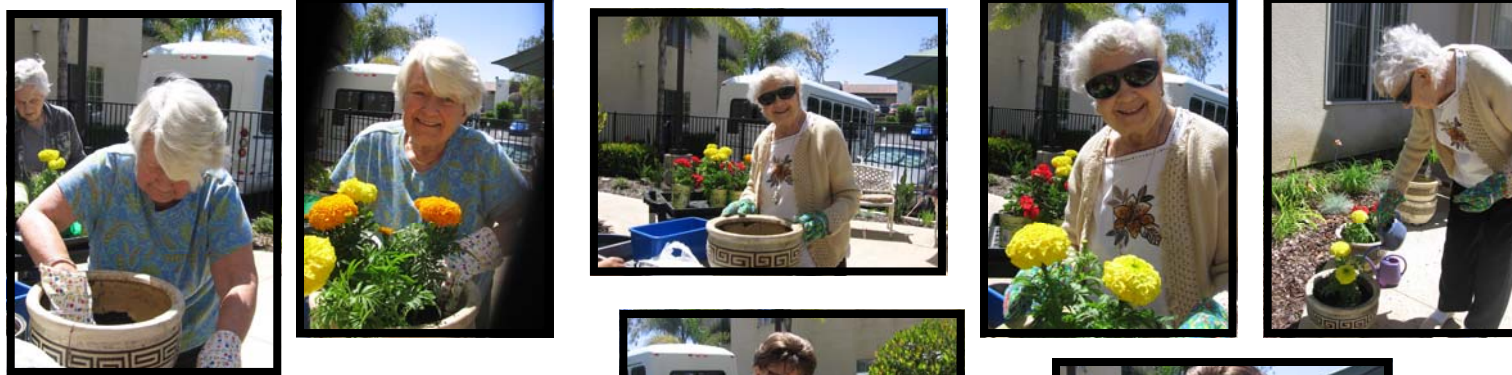


# Adopt-A-Pot Gardening




Ann, Jane & Charlotte enjoy soaking in the sunshine on the Courtyard!



**Happy Birthday!**

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

Cleta Q.	6/11
Stuart D.	6/12
James W.	6/24
Mildred M.	6/25
Joseph M.	6/27



**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!

## Satisfaction Survey

It's that time of year for our annual Resident and Family satisfaction survey. The employees here at Silvergate San Marcos care about obtaining the highest possible level of resident and family satisfaction in every aspect of our community. We are committed to providing our residents with exceptional care and services, and we will continue to strive for excellence. We thank you in advance for taking the time to complete the survey.

## 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

June 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

**June** is celebrating Summer month! It's one of the most pleasant months of the year and an excellent time to soak up the sweet sunshine; conversing and spending time with other people, and doing leisure activities and hobbies that boost moral. Here at Silvergate San Marcos Suites we are busy boosting up our Activities with interesting, fulfilling, and enjoyable programs that will enrich the lives of our residents.

## Calendar Highlights

Can you think of a better way to start the long days of summer than to spend a summer afternoon listening to good old-fashioned music while sipping an ice-cold lemonade. Join us for a summer social on **Friday, June 3 from 2:30-3:30** in France 1, then on Friday, June 17, we will honor the men with a **Let's Get to Know the Men** social from **2:30-3:30 p.m.** in France 1.



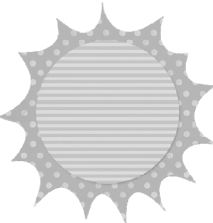
Join us for **Celebrating Dads** on **Tuesday, June 21 from 2:00-3:00 p.m.** in France I. **Diane Polinski** will entertain as we sing songs of old and enjoy each others company.

You don't want to miss **Our History Matters** with **Jeanette Aliso-Way** for an intriguing presentation that is enjoyed by everyone. On **Friday, June 17** we will be out and about to **Birch Aquarium at Scripps**. Families are welcome to join us. **Call the Activities department to reserve your seat on the bus at 760-744-4484 extension 114.** On **Tuesday, June 28** enjoy the evening entertainment by Jerwin & Teah Sy of Musicstation one of our popular music programs here at the Suites.

# Silvergate San Marcos Calendar of Events

## June 2011

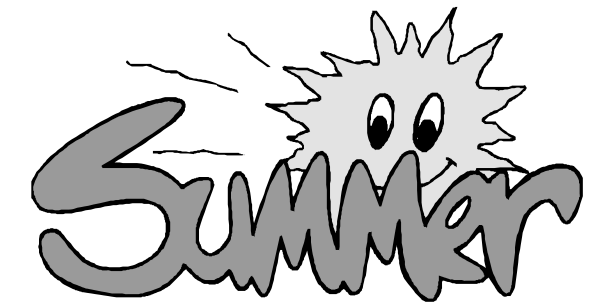
Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday



### Activity Location Key

(F1) France 1-1<sup>st</sup> Floor                      (F2) France 2-2<sup>nd</sup> Floor                      (CR) Craft Room 1<sup>st</sup> Floor  
 (I1) Italy 1-1<sup>st</sup> Floor                      (E2) England 2-2<sup>nd</sup> Floor                      (CY) Courtyard  
 (E1) England 1-1<sup>st</sup> Floor                      (I2) Italy 2-2<sup>nd</sup> 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.  
 (\*\*\*) Activities with \*\*\* are facilitated by the Caregivers in the individual home units.

<p>5                  10:30 Bingo*                  1:00 Smooth Music &amp; Easy Listening**                  2:30 Short Stories &amp; More**                  4:00-4:30 Table Activities***                  6:30 Yester Video***</p>	<p>6                  9:30 Morning Walks with Chela                  10:30 Scenic Drive-OC                  1:30 Popcorn &amp; Movie**                  2:00 Memories in the Making-CR                  4:00-4:30 Table Activities***                  6:30 Armchair Travel***</p>	<p>7                  10:30 Crossword Puzzle Group*                  11:00 Board Games                  1:30 Sit-N-Be-Fit-F1*                  1:30 Ball Therapy**                  2:00 Activities On Wheels**                  4:00 Beauty Caravan**                  4:00-4:30 Table Activities***</p>	<p>1                  10:30 Morning Walks                  1:30 Tai Chi Exercise -F1                  2:30 Memory Games**                  3:30 Put On Your Thinking Cap*                  4:00-4:30 Table Activities***                  6:30 Armchair Travel***</p>	<p>2                  10:30 Bingo*                  11:00 Board Games*                  1:30 Ball Therapy**                  2:30 Our History Matters -E2                  4:30 Stir Up Our Senses**                  4:00-4:30 Table Activities***                  6:30 Old Fashioned Musicals***</p>	<p>3                  10:30 Music 101: Sing Along*                  1:30 Walks &amp; Chats*                  1:30 Balloon Volley*                  2:30 Afternoon Socials*                  3:30 Family Games*                  4:00-4:30 Table Activities***                  6:30 Movie - Western Round-Up***</p>	<p>4                  10:30 Activities On Wheels**                  1:00 Smooth Music &amp; Easy Listening**                  1:30 Book Worms **                  2:30 Make A Picture**                  4:00-4:30 Table Activities***                  6:30 Lawrence Welk TV Treasures***</p>
<p>12                  10:30 Active Games-Pickle Toss**                  11:00 Stirring Up Our Senses-Shapes**                  1:00 Smooth Music &amp; Easy Listening**                  2:30 Short Stories &amp; More**                  4:00-4:30 Table Activities***                  6:30 Yester Video***</p>	<p>13                  10:00 Outing-To Dixon Lake-OC                  1:30 Memory Cart**                  2:00 Garden Club                  4:00-4:30 Table Activities***                  6:30 Armchair Travel***</p>	<p>14                  10:30 Brainwaves**                  1:30 Sit-N-Be-Fit-F1*                  1:30 Ball Therapy**                  2:00 Stirring Up Our Senses**                  3:00 Memories &amp; Sounds*                  4:00-4:30 Table Activities***                  5:30 Phil Gate Musical-F1</p>	<p>8                  10:30 Morning Walks                  10:30 Life Enhancement - F2 (\$)                  1:15 Tai Chi-F1                  2:00 Movie-Tribute to Doris Day**                  4:00-4:30 Table Activities***                  6:30 Armchair Travel***</p>	<p>9                  10:30 Bingo*                  11:00 Board Games*                  1:30 Ball Therapy**                  1:30 Sit-N-Be-Fit**                  2:30 Creative Cooking*                  4:00-4:30 Table Activities***                  4:00 Finish the Phrase**                  6:30 Old Fashioned Musicals***</p>	<p>10                  10:30-11:30 Music Therapy with                  Jasmine-F1                  1:30 Bowling*                  2:30 Afternoon Socials*                  3:30 Family Games*                  4:00-4:30 Table Activities***                  6:30 Movie - Western Round-Up***</p>	<p>11                  10:30 Activities On Wheels**                  1:00 Smooth Music &amp; Easy Listening**                  1:30 Book Worms **                  2:30 Daily Living Skills**                  4:00-4:30 Table Activities***                  6:30 Lawrence Welk TV Treasures***</p>
<p>19                  10:30 Bingo*                  1:00 Smooth Music &amp; Easy Listening**                  2:30 Short Stories &amp; More**                  4:00-4:30 Table Activities***                  6:30 Yester Video***</p>	<p>20                  9:30 Morning Walks with Chela                  10:30 Scenic Drive-OC                  1:30 Popcorn &amp; Movie**                  2:00 Memories in the Making-CR                  4:00-4:30 Table Activities***                  6:30 Armchair Travel***</p>	<p>21                  10:30 Word Games*                  11:00 Board Games                  2:00 Celebrating Dads                  4:00 Beauty Caravan**                  4:00-4:30 Table Activities***</p>	<p>15                  10:30 Morning Walks                  10:30 Life Enhancement - F2 (\$)                  1:30 Tai Chi Exercise -F1                  2:30 Memory Games**                  3:30 Put On Your Thinking Cap*                  4:00-4:30 Table Activities***                  6:30 Armchair Travel***</p>	<p>16                  10:30 Bingo*                  11:00 Board Games*                  1:30 Ball Therapy**                  1:30 Sit-N-Be-Fit**                  2:30 Creative Arts*                  4:00 Trivia**                  4:00-4:30 Table Activities***                  6:30 Old Fashioned Musicals***</p>	<p>17                  10:00 Outing to Birch Aquarium-OC                  1:30 Basket Ball*                  1:30 Walks &amp; Chats*                  2:30 Afternoon Socials*                  3:30 Family Games*                  4:00-4:30 Table Activities***                  6:30 Movie - Western Round-Up***</p>	<p>18                  10:30 Activities On Wheels**                  1:00 Smooth Music &amp; Easy Listening**                  1:30 Book Worms **                  2:30 Make A Picture**                  4:00-4:30 Table Activities***                  6:30 Lawrence Welk TV Treasures***</p>
<p>26                  10:30 Active Games-Darts**                  11:00 Stirring Up Our Senses-                  Textures**                  1:30 Short Stories &amp; More**                  4:00-4:30 Table Activities***                  6:30 Yester Video***</p>	<p>27                  9:30 Morning Walks with Chela                  10:30 Scenic Drive-OC                  1:30 Memory Cart**                  2:00 Garden Club                  4:00-4:30 Table Activities***                  6:30 Armchair Travel***</p>	<p>28                  10:30 Brainwaves**                  1:30 Sit-N-Be-Fit-F1*                  1:30 Ball Therapy**                  2:00 Stirring Up Our Senses**                  3:00 The Category Game**                  4:00-4:30 Table Activities***                  5:30 Musicstation-F1</p>	<p>22                  10:30 Morning Walks                  10:30 Life Enhancement - F2 (\$)                  1:30 Tai Chi Exercise -F1                  2:30 Memory Games**                  3:30 Put On Your Thinking Cap*                  4:00-4:30 Table Activities***                  6:30 Armchair Travel***</p>	<p>23                  10:30 Bingo*                  11:00 Board Games*                  1:30 Volley Ball*                  2:30 Creative Cooking*                  4:00-4:30 Table Activities***                  4:00 Hand Stretches                  6:30 Old Fashioned Musicals***</p>	<p>24                  10:30 Music 101: Follow the Beat*                  1:30 Darts Game*                  1:30 Walks &amp; Chats*                  2:30 Afternoon Socials*                  3:30 Family Games*                  4:00-4:30 Table Activities***                  6:30 Movie - Western Round-Up***</p>	<p>25                  10:30 Activities On Wheels**                  1:00 Smooth Music &amp; Easy Listening**                  1:30 Book Worms **                  2:30 Daily Living Skills**                  4:00-4:30 Table Activities***                  6:30 Lawrence Welk TV Treasures***</p>
<p>29                  10:30 Morning Walks                  10:30 Life Enhancement - F2 (\$)                  1:30 Tai Chi Exercise -F1                  2:30 Memory Games**                  3:30 Put On Your Thinking Cap*                  4:00-4:30 Table Activities***                  6:30 Armchair Travel***</p>	<p>30                  10:30 Birthday Party-E2                  1:30 Ball Therapy**                  1:30 Sit-N-Be-Fit**                  2:30 Creative Cooking*                  4:00 Trivia**                  4:00-4:30 Table Activities***                  6:30 Old Fashioned Musicals***</p>					



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