

Wild Animal Park Visits Silvergate San Marcos



Animal Express” is an outreach program in which [Wild Animal Park](#) educators bring animals to off-site senior care facilities in San Diego’s North County area.

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,
March 31st at 10:30 a.m. to wish our residents a very happy birthday!

Mary P.	3-5
Lauraine C.	3-13
Ruth B.	3-14
Betty B.	3-14
Virginia C.	3-22
Dorothy C.	3-29
Bernice N.	3-30



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

March 2011

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

Tips On Interacting With Someone Who Has Alzheimer’s

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1. In your interactions with the person try to be calm and reassuring. Speak slowly and distinctly. Use simple words.
2. Remember that the person is dealing with confusion, anxiety, loss of self-esteem, irritability and feelings of depression (when they are aware of the impairment).
3. Try to maintain a regular routine. A person with Alzheimer’s has difficulty coping with change. A structured routine will help the person maintain his abilities.
4. Break down all tasks into simple steps. Tell the person one step at a time what to do. Too many directions at once, or too quickly, will increase the person’s confusion.
5. Repeating the same act may be meaningful for the person and provide relief of tension. For example the person may spend 20 minutes contentedly wiping the kitchen counter.

Making a Positive Difference in the Lives of Our Residents

Spring begins on March 20th and this is the time of year when things begin to grow. There is more daylight and everything seems to have more life and energy. It is time to have a fling, which, according to Webster’s Dictionary, is “to throw oneself completely into activity.” Our Activities staff have flings all the time because we throw ourselves completely into what we do!

Calendar Highlights



Silvergate San Marcos Suites celebrates **St. Patrick’s Day** on **Thursday, March 17th**. We start the festivities at 2:00 p.m. with Irish jigs that make you want to dance! We will be serving the finest green Irish grog this side of Ireland. During the festivities we will have Irish Trivia and tell Irish jokes and see who can guess the weight of the Gold Nugget found in a

field of Shamrocks in the village of Blarney. Matt & Jasmine Commerce entertain and this is one festive event you won’t want to miss!

Join us on **Monday mornings** from 10:00-11:00 as we board the bus for a scenic ride throughout beautiful San Diego and North County. **Chat-N-Sing** with **Phil Gates** is always a big hit! Phil uses music therapeutically to address physical, psychological, cognitive and social functioning and our residents truly enjoy this special hour of song and dance. Join us Tuesday, March 8th at 5:30 p.m. in France 1.

Life Enhancement Group (a service of Ann Donovan Counseling), is a program designed to exercise the memory and encourage a positive attitude. Reminiscence and discussion are features of each group.



Silvergate San Marcos Calendar of Events

March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Location Key (F1) France 1-1 st Floor (F2) France 2-2 nd Floor (CR) Craft Room 1 st Floor (I1) Italy 1-1 st Floor (E2) England 2-2 nd Floor (CY) Courtyard (E1) England 1-1 st Floor (I2) Italy 2-2 nd 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.		1 10:00 Beauty Caravan** 1:30 Sit-N-Be-Fit-F1* 2:00 Activities On Wheels** 3:00 Mental Workout/Coffee Klatch-CR	2 9:30 Morning Walks 10:30 Mental Workout** 10:30 Life Enhancement - F2 (\$) 1:30 Tai Chi Exercise -F1* 2:30 Memories & More- Name That Tune*	3 10:00 Bingo-F1* 10:30 Board Games* 1:30 Ball Therapy/Chair Soccer** 2:30 Our History Matters -E2* 2:30 Stir Up Our Senses**	4 10:00 Music 101:Chair Dancing* 1:30 Walks & Chats* 1:30 Balloon Volley* 2:30 Afternoon Socials*	5 10:00 Activities On Wheels** 1:00 Smooth Music & Easy Listening** 1:30 Book Worms ** 2:30 Make A Picture*
6 10:00 Active Games-Pickle Toss** 11:00 Stirring Up Our Senses-Matching* 1:00 Smooth Music & Easy Listening** 2:30 Short Sories & More	7 10:00 Scenic Drive-OC 10:30 Morning Walks with Chela 1:30 Popcorn & Movie** 2:00 Memories in the Making-CR	8 10:00 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 Mental Workout/Coffee Klatch-CR 5:30 Phil Gate Musical-F1*	9 9:30 Morning Walks 10:30 Mental Workout** 10:30 Life Enhancement - F2 (\$) 1:30 Tai Chi Exercise -F1* 2:30 Memories & More-Love Matters*	10 10:00 Bingo-F1* 10:30 Board Games* 1:30 Ball Therapy/Chair Soccer** 1:30 Sit-N-Be-Fit** 2:30 Creative Cooking*	11 10:30-11:30 Music Therapy with Jasmine 1:30 Bowling* 2:30 Afternoon Socials*	12 10:00 Activities On Wheels** 1:00 Smooth Music & Easy Listening** 1:30 Book Worms ** 2:30 Daily Living Skills*
13 10:00 Active Games-Basketball** 11:00 Stirring Up Our Senses-Shapes* 1:00 Smooth Music & Easy Listening** 2:30 Short Sories & More	14 10:00 Outing-To Dixon Lake-OC 10:30 Morning Walks with Chela 1:00 Memory Cart** 2:00 Memories in the Making-CR	15 10:00 Beauty Caravan** 1:30 Sit-N-Be-Fit-F1* 2:00 Popcorn Party* 3:00 Mental Workout/Coffee Klatch-CR	16 9:30 Morning Walks 10:30 Mental Workout** 10:30 Life Enhancement - F2 (\$) 1:30 Tai Chi Exercise -F1* 2:30 Memories & More-Trivia*	17 10:00 Bingo-F1* 10:30 Board Games* 1:30 Sit-N-Be-Fit** 2:00 St Patrick's Day Celebration	18 10:00 Music 101:Sing Along* 1:30 Basket Ball* 1:30 Walks & Chats* 2:30 Afternoon Socials*	19 10:00 Activities On Wheels** 1:00 Smooth Music & Easy Listening** 1:30 Book Worms ** 2:30 Make A Picture*
20 10:00 Active Games-Ball Toss** 11:00 Stirring Up Our Senses-Familiar Sounds* 1:00 Smooth Music & Easy Listening** 2:30 Short Sories & More	21 10:00 Scenic Drive-OC 10:30 Morning Walks with Chela 1:30 Popcorn & Movie** 2:00 Memories in the Making-CR	22 10:00 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 Mental Workout/Coffee Klatch-CR 5:30 Musicstation-F1*	23 9:30 Morning Walks 10:30 Mental Workout** 10:30 Life Enhancement - F2 (\$) 1:30 Tai Chi Exercise -F1* 2:30 Memories & More-How Times Have Changed*	24 10:00 Bingo-F1* 10:30 Board Games* 1:30 Ball Therapy/Chair Soccer** 1:30 Sit-N-Be-Fit** 2:30 Creative Cooking*	25 10:00 Music 101:Musical Chairs* 1:30 Darts Game* 1:30 Walks & Chats* 2:30 Afternoon Socials*	26 10:00 Activities On Wheels** 1:00 Smooth Music & Easy Listening** 1:30 Book Worms ** 2:30 Daily Living Skills*
27 10:00 Active Games-Golf 11:00 Stirring Up Our Senses-Textures** 1:00 Smooth Music & Easy Listening** 2:30 Short Sories & More	28 10:00 Scenic Drive-OC 10:30 Morning Walks with Chela 1:00 Memory Cart** 2:00 Memories in the Making-CR	29 10:00 Brainwaves** 1:30 Sit-N-Be-Fit-F1* 1:30 Ball Therapy/Chair Soccer** 2:00 Afternoon Chats** 3:00 Hymn Sing-I2*	30 9:30 Morning Walks 10:30 Mental Workout** 10:30 Life Enhancement - F2 (\$) 1:30 Tai Chi Exercise -F1*	31 10:30 Birthday Party 1:30 Ball Therapy/Chair Soccer** 1:30 Sit-N-Be-Fit** 2:30 Creative Cooking*		

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