

*Everyone Deserves
a Great Life*

April 2017



**MERIDIAN
GARDENS**
OF RIVERSIDE

10849 ARLINGTON AVE. • RIVERSIDE, CA 92505 • (951) 637-8844

Executive Director

Susie Halim

Resident Care Coordinator

Yndira Lepe

Community Relations Director

Mechelle Alona

Business Office Manager

Pam Sanchez

Memory Care Program Director

Lynn Torres Solis

Life Enrichment Coordinator

Norma Collins

Dining Service Director

Eddie Sanchez

Maint./Housekeeping Director

Jason Epling

Assistant Wellness Coordinator

Brittany Butts



ART WITH A HEART

We had an amazing event here at MGOR on March 29th called "Art with a Heart." It was part of our fundraiser for the Alzheimer's Walk on April 22nd. This was a trial event for our Memories In The Making Program. We have partnered with the Alzheimer's Association to offer Memories in the Making sessions monthly here at our building. It is a great time to come visit with your loved one, chat with other family members, and paint with your loved one. For the past two months we have had painting sessions so we could get ready for last month's event and some of the family members really enjoyed themselves. Thank you to all who came and donated, helped supervise the painting with the residents and supported us. La Sierra University, Rebecca, Katherine, Eddie and other family members and friends who

donated for our event.



Colleen and Lupe Painting

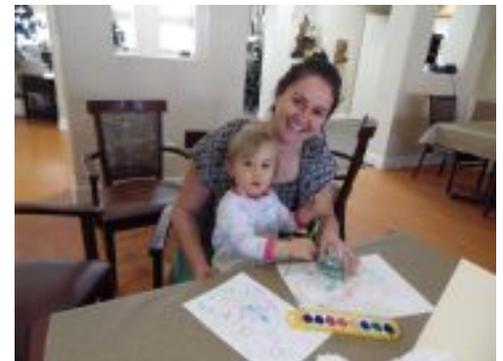


resident - creating

"Things turn out best for the people who make the best out of the way things turn out" Linkletter

Art Therapy Benefits

In a recent article in Geriatric Medicine, research has proven what many professionals have known for years; that the process of creating art offers a wide variety of health benefits. Art can decrease depression and anxiety, which are often symptoms of chronic disease.



LUNCH TOURS ARE AVAILABLE DAILY ... PLEASE CALL FOR MORE INFORMATION!

Upcoming



Happy Birthday

Resident Birthdays

4/4 Natalie
4/16 Arlene
4/16 Flip
4/20 Glenda
4/20 Mike B.

Employee Birthdays

4/4 Norma
4/10 Rocil
4/13 Elma

Arlington SDA Church Group
4/1 @2:00

Catholic Communion Every Wednesday @ 9:30

New Journey Church Group 4/2, 4/9, 4/16, 4/23 & 4/30 @ 2:00

Ron's Bible Study 4/13 & 4/27 @ 10:00

Who Knew? The Birth of Baby Carrots

Did you know that baby carrots were created to give ugly carrots a chance at being sold? In 1986, a California carrot farmer sprouted the idea to cut and peel imperfect, unwanted full-grown carrots into identical 2-inch pieces, and they were an instant hit at grocery stores. Packaged baby carrots now make up nearly 70 percent of carrot sales.

Monthly Celebrations

April showers bring May flowers. April also brings us:

- National Occupational Therapy Month. If you know a therapist, thank him or her for all they do to help others.
- Straw Hat Month. Top your noggin with a jaunty boater or sun hat.
- Stress Awareness Month. Don't let stress affect your health. Meditate or exercise to help you relax.

Walk4ALZ -- April 22nd

Join us as we participate in the Walk4ALZ event on Saturday, April 22nd at the Fontana Auto Speedway. The Alzheimer's Inland Empire chapter is hosting the event to raise awareness and to help fund research and provide education about this disease process right here in the Inland Empire. All proceeds from the walk stay local, which will greatly benefit our community.

This year the walk will be in the evening, starting at 5pm on Saturday, April 22nd. We do have a team and you can sign up with Lynn. We will also have a web page for donations soon! Please save the date and walk with us! Stay tuned for more information.



Say No to Stress

April is National Stress Awareness Month. Research continues to show how stress can affect your overall health. Don't let stress make you sick. Ways to reduce stress include reading, writing in a journal, listening to music, meditating, exercising and doing volunteer work. Find what works for you and make it a part of your healthy lifestyle.



Welcome New Residents

This month we would like to welcome Dave, Grace, Shirley, Margaret, Susan, Frank and their families. Please stop by and give them a warm welcome and make them feel at home.

Fragrant Forecast

Loved by many people, there's actually a name for the unmistakable scent of rain: petrichor. When certain plants and soil-dwelling bacteria get wet, they release oils and chemicals that create the earthy odor.

Susie's Corner

First of all I want to thank Lynn and Mechelle with the support of the entire Meridian Gardens team for the hard work in putting together the fundraising event "Art with a Heart". Throughout the year, Lynn is always doing fundraising for the Alzheimer's Association through bake sales, jewelry sales, and raffle sales at every family event. Huge thanks to our generous donors, families, Magnolia Grand, Meridian of Riverside, Raincross at Riverside, and our supporting partners, Riverside Art Museum, Riverside Police Department, Riverside's Purple City Alliance, Mayor's Commission on Aging, and Alzheimer's Association Greater Los Angeles.

Alzheimer's Disease

Alzheimer's disease is a progressive neurological condition that affects memory and other mental functions. It is the most common form of dementia, a group of brain disorders characterized by a general loss of mental abilities, including memory, judgment, language and abstract thinking.

Symptoms

Symptoms of Alzheimer's disease include:

- Worsening memory
- Trouble remembering new information
- Routinely misplacing possessions or putting them in illogical locations
- Repeating statements or questions
- Becoming lost more often

- Personality changes, including depression, social withdrawal, irritability or aggressiveness
- Loss of inhibitions
- Disorientation and confusion
- Difficulty with reasoning and making judgments
- Taking longer to perform daily tasks

The severity of these symptoms is related directly to the stage of disease, which often progresses slowly. Most patients are diagnosed once the disease progresses to mild dementia, when the patient or their family notice mood swings, personality changes, memory loss, or difficulty organizing and expressing thoughts or performing complex tasks. Patients may find themselves becoming more easily confused and having difficulty coping with new situations.

As the disease progresses, patients may need help with daily activities that were once routine, such as grooming. In the late stages of Alzheimer's disease, the patient's physical capabilities will be affected.

Popcorn Pick: 'Bye Bye Birdie'

"Gray skies are gonna clear up; put on a happy face" croons Dick Van Dyke, in one of many memorable songs from this musical comedy. Van Dyke plays Albert, the agent of teenage rock star Conrad Birdie (Jesse Pearson), who's been drafted into the Army. Albert, with the help of his girlfriend, Rosie (Janet Leigh), stages one last personal appearance for the idol, a goodbye kiss won by a random lucky girl (Ann-Margret), but the event creates a slew of romantic snags for all involved. Released in 1963, the film made the young Ann-Margret a superstar.

Wit & Wisdom

"Baseball was, is and always will be to me the best game in the world."
—Babe Ruth

"There are only two seasons—winter and baseball."
—Bill Veeck

"Love is the most important thing in the world, but baseball is pretty good, too."
—Yogi Berra

"People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring."
—Rogers Hornsby

"Now, there's three things you can do in a baseball game. You can win, or you can lose, or it can rain."
—Casey Stengel

"Baseball, it is said, is only a game. True. And the Grand Canyon is only a hole in Arizona."
—George Will



Make Someone Laugh!

April is National Humor Month

"This Month In History"

APRIL

1789: George Washington is inaugurated as the first president of the United States.

1792: Congress establishes the first U.S. Mint. It is in Philadelphia, which was the nation's capital at the time.

1805: Author Hans Christian Andersen is born in Denmark. He wrote more than 150 fairy tales for children, including the classics "The Little Mermaid" and "The Ugly Duckling."

1817: Thomas H. Gallaudet and Laurent Clerc establish the first American school for the deaf.

1822: Landscape architect Frederick Law Olmsted is born. He helped design some of the most famous parks in America, including Central Park in New York City.

1925: "The Great Gatsby" by F. Scott Fitzgerald is published.

1949: The Richard Rodgers and Oscar Hammerstein musical "South Pacific" opens on Broadway.

1970: Earth Day is observed for the first time.

1974: Hank Aaron hits his 715th home run, passing Babe Ruth as the all-time home run leader.

1976: Steve Jobs and Steve Wozniak form Apple Computer Inc.

1981: The first space shuttle, Columbia, is launched from Kennedy Space Center in Florida.

1990: The sketch comedy series "In Living Color" premieres on television. It is credited with helping to launch the careers of several Hollywood stars, including Jennifer Lopez, Jim Carrey and Jamie Foxx.