

Casa Update

May 17, 2019

Did You Know?

National Waitstaff Day is observed each year on May 21. This day was created to show appreciation to and thank all waitstaff for making our dining experiences enjoyable ones.

This week, take a moment to appreciate the people that make you feel pampered and make your lives a little more delicious: the hardworking and dependable waitstaff of Casa!

Thank you to all the Casa waitstaff for providing excellent service and for making every dining experience a great one!

•New Director of Community Life•



Please welcome, to the Casa community, the new Director of Community Life, Stephanie Ramos!

Stephanie was born and raised in California, and has lived in North County for 18 years. In addition to her love of good shows, museums, horses, movies, food, and engaging conversation, Stephanie's two kids, Alek, 10, and Camila, 5, keep her on her toes when she's not at work. As a family, they enjoy soccer and baseball, spending most of their weekends practicing and attending games.

Stephanie has a long and prolific history in senior living communities, beginning her career over 10 years ago! She is more than ready to take on Casa with her years of experience in the field and her California Certification in Activity Leadership.

Welcome to Casa de las Campanas, we are very excited to have you on the team!

•Residential Health Services•

Wellness Trays: Down with a cough or cold? Feeling as though you may be coming down with the flu? Just a gentle reminder that you may have a Wellness tray delivered to your apartment if you are feeling under the weather.

This is the time of year when germs are all around us so please be considerate of your friends and neighbors at Casa and make use of this service for the few days it takes to recover from an illness. Also, if you have grandchildren or great-grandkids visiting, please observe the same courtesy and have them postpone a visit if they are ill. The Wellness Clinic is here to offer support and guidance if you are unwell, so please do not hesitate to call or use your pull-cord or PET alarm if you need immediate emergency assistance.

Podiatrist Visit: Dr. Farmer will be here on May 29 from 12:30 p.m. - 3:00 p.m. in MP3. Please call his office to set up an appointment at 760-420-8848. Remember to bring your medical card with you to your appointment.

In Home Care: Do you have a Long Term Care insurance policy? It may cover some In Home Care assistance if you are in need! Please contact Pierra Hall, LVN, at (858) 376-1520 for more information. In Home Care can assist with daily needs, assist with transportation to a doctor's appointment, or even help with extra chores!

•Resident Services•

Summer Vacation Reminder: If you are going to be away from your apartment for overnight or longer, please complete a Vacation Log and Lock Request Form which you may pick up at either Reception desk. Each form has space for an emergency number, date of departure, destination, expected date of return, etc. Even if you leave unexpectedly, please remember to give this information to the Receptionist. Following this procedure will allow us to contact you promptly in case of an emergency. One last step: call Casa upon your return, as we will check on each resident every 24 hours!

•**Dining Services**•

05/20 - Pizza: Spring Asparagus, Heirloom Tomato, & Olive Pizza

05/20 - Dressing: Cilantro Vinaigrette

05/20 - Burger: Roast Beef au Jus Sandwich with Horseradish Cream & Onion Rings

To-Go: The number for To-Go orders is: 858-376-1531

•**Casa Residents for Education**•

The Employee Scholarship Drive is off to a great start! Remember, this is the 30th Anniversary, and we plan to make it a big one. You can help our employees achieve their educational goals by making a contribution today. Checks should be made payable to the Casa Foundation and put in the collection boxes located in the Sur and Norte Lobbies.

•**Social Services**•

Spectrum Authorized Users: Spectrum will only allow changes to your account from an authorized user. We highly recommend that you select an additional family member or responsible party to be named as an authorized user on your account in the event that you are unable to call and speak on your behalf. Call Spectrum at 1-800-892-4357 to add an authorized user today!

•**Safety & Security**•

Bank Text Message Scam: Banking institutions are warning customers about phishing and text message scams.

Wells Fargo, for instance, will only send you a text using the official Wells Fargo short code "935-57" (WELLS). When Wells Fargo contacts you, they will not ask for your card PIN, access code, or other sensitive information such as your online banking username or password.

Chase bank has also warned customers about scammers who are sending texts claiming accounts may be closed or frozen if account information is not provided.

Do not reply to the messages, the banks say. Instead, if you are uncomfortable about a request for information, call the number on the back of your card to verify the authenticity of the request.

•**Activities**•

Q&A with Ed Caviness Canceled: The Q&A scheduled for May 28 at 2:00 p.m. is canceled until further notice. Keep an eye out for future

Weekly Updates and Carillons for the next scheduled program.

Sean's Functional Fitness: There is an excellent, but unappreciated exercise class at Casa that always has room for more people. Sean's Functional Fitness class meets on Wednesday at 9:00 a.m. in the Dinner Theatre. The class works on balance, strength and posture using bands and weights. Most of the class is standing, but many exercises can be done while seated. Come and join us for a really great workout!

Fitness Classes Cancellation Notice: Madai will be on vacation from May 10 - May 25. There will be no Water Aerobics or Balance and Flexibility classes during that time.

Q&A with Management: The Question and Answer Meeting with Management, featuring Food & Beverage, will be on **Monday, May 20 at 10:00 a.m. in MP4.**

Windy City Club: On May 23 at 3:30 p.m. in MP4 we are hosting another Windy City Club meeting. We welcome anyone from Casa who has called Chicago their home at one time or another. If you plan to attend, we ask that you bring a photo or item reminiscent of your time spent in Chicago to share with the group.

Memorial Day Flag Program: Stop by the Activities office today through May 23 to dedicate a small flag to a loved one who served in the military. The flags will be placed in the Bell Tower Park for Memorial Day. A minimum donation of \$1 is suggested for each flag.

Casa Chorale and Combo Presentation: On Memorial Day, Monday, May 27, the Casa Chorale and Combo will present "A Memorial Day Commemoration" in the Dinner Theatre. The first concert is at 10:00 a.m. with a second following at 11:00 a.m.

Travel Slideshow by Bob Kiang: On Thursday, May 30 at 3:00 p.m. in MP3, Bob Kiang will be presenting his photos from his trip from Fort Lauderdale to San Diego via the Panama Canal! Come and check out the stunning photographs of the various cities and towns in South and Central America and throughout Mexico that he visited.