

Casa Update

September 13, 2019

Did You Know?

Your spiritual and emotional well-being is important to us. In addition to leading Worship Services, Bible studies, and spiritual discussion groups, Chaplain Deming also offers a safe, non-judgmental space to talk, counsel, and support you in times of emotional distress. If you would like to talk through life's issues, big or small, contact Chaplain Deming at 858-592-1831 or stop by his 4th floor office.

Chaplain Deming also hosts two interactive programs each month:

- On the first Sunday of every month, stop by MP3 at 2:00 p.m. for the *Sunday Matinee!* Enjoy a socially, culturally, or spiritually celebrated movie followed by an in-depth discussion.
- On the third Wednesday of every month at 6:30 p.m. in MP3, keep your brain sharp with *Let's Exercise Our Minds*. This is a fun, evening event to help exercise your mind in a variety of fun ways, including trivia!

•Residential Health Services•

Save the date! It is estimated that in the United States, each year on average 5% to 20% of the population gets the flu and more than 200,000 people are hospitalized from seasonal flu-related complications. In October, Casa will be hosting a Flu Vaccine Clinic. Flu shots will be available on:

- Wednesday, October 16, from 9:00 a.m. to 12:00 p.m. in MP4
- Wednesday, October 23, from 1:00 p.m. to 4:00 p.m. in MP4

No appointments needed! Remember to bring your insurance card.

•Dining Services•

09/16 - Pizza: Pesto Pizza (Crumbled Feta, Mozzarella Cheese, Artichoke, Diced Tomatoes, Diced Bell Pepper, Pizza Sauce, and Sliced Black Olives)

09/16 - Dressing: Italian Vinaigrette

09/16 - Burger: Peanut Butter, Jelly, and Bacon Burger

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

•Transportation•

Transportation Loops: Recently we have had some questions regarding transportation that we want to clarify. A medical loop is provided for medical facilities in the Rancho Bernardo and Poway areas. Other transportation requests will be prioritized in accordance with driver/vehicle availability in the time slots requested at a rate of one dollar per mile. "Loop" runs are also made to local shopping and banking during the week, at no additional charge, with departures from the Sur and Norte Lobbies. The schedules may be obtained from the Transportation Department and are posted in the Sur Lobby, Norte Lobby and Bell Tower areas. If you have any questions regarding these policies, or anything transportation related, the Transportation Department would be happy to assist you at 858-592-1829.

•Social Services•

Levels of Care Presentation Sign-Ups: Curious about the different levels of care? On September 30 at 10:30 a.m., Casa team members will be hosting a Levels of Care presentation and answering all of your questions. Sign-ups begin this Tuesday, September 17 at both Sur and Norte. *Remember, this is a sign-up only event.*

•Safety & Security•

Charity Scams: Hurricane Dorian brought catastrophic damage to the Bahamas and you may want to donate, but you should be aware of fake donation sites that are run by scammers. Often after natural disasters, scammers try to prey on people's kindness. One of the best ways to

protect yourself is to do your homework before making a donation, as scammers are known to create fake charities in an attempt to steal cash from people who think they are helping to raise money for a good cause.

- Do your research. Get the organization's information and do your homework on that organization.
- Do not give unsolicited callers your credit card number or bank account information over the phone, even if the call appears to be legitimate.
- Do not click on links in unsolicited emails and text messages asking you to donate. Even if a message seems legitimate, it could be a phishing attempt. If you want to donate, contact the charity at a website or phone number you know to be valid.

•Pastoral Care•

Let's Exercise Our Minds: Chaplain Deming presents another round of the entertaining evening event that will bolster your memory and keep your brains sharp. Join us on Wednesday, September 18, at 6:30 p.m. in MP3 as we exercise our minds!

•Activities•

New Fitness Classes: We are excited to introduce two new fitness classes to our lineup:

- **ABC: Agility, Balance, and Cardio Class:** This class is for those who want to be able to continue doing their activities of daily living (known as the ADL's) with ease. We will work on: agility; moving in all directions; balance; reducing fear of falling; cardio; and moving to music to elevate our heartrate. 45-60 minutes in the Exercise Studio. ***Starts this Sunday, September 15.***
Every 1st and 3rd Sunday at 9:30 a.m. in the Exercise Studio
- **Water Exercise Class:** Join Renee for fun and invigorating water exercises. When you are in the water, the buoyancy provides relief for your joints and allows for much easier movement and range of motion. This class is for all levels.
Wednesdays at 10:30 a.m. in the Fitness Pool

Email Correction: For those of you who would like to apply for the October 4 Executive Council Work Session, please email your requests to attend to Ed Caviness at maded100@icloud.com

Resale Fashion Show: The inaugural "Second Hand Rose" Resale Shop Fashion Show will be held Tuesday, September 17, at 3:00 p.m. in the Dinner Theatre. Residents are encouraged to wear something they have purchased in the past. Prizes will be awarded to selected attendees who do. Stay for a game of 'The Price is Right' and live entertainment by the PAC Duet: Gretchen and Vicki.

The Casa Covenant Group: This non-denominational Bible study group will meet on Thursday, September 19, at 11:00 a.m. in MP3 with lunch fellowship at noon.

What's it all about, these extraordinary spiritual gifts, often termed charismatic gifts? When someone has a gift, they have a natural ability for something, right? Who has them? Why do we need them? What do we do with them? Come and learn from Pastor Bryan Stamper the answers to all your questions. Everyone is welcome.
Your talent is God's gift to you. What you do with it is your gift back to God.

Chico's Fashion Show: Casa has fashion fever! Chico's fashion show will be returning to Casa on October 3, at 2:00 p.m. in the Dinner Theatre. Although it is several weeks out, table reservations have already begun, and seats are filling quickly! Stop by the fitness lobby to sign-up or call Activities at 858-592-7402 with any questions.

Windows Computer Help Sessions: Back for September by popular demand! We will have two instructors for ½ hour one-on-one sessions. We will be hosting more help sessions this month: September 24 at 2:00 p.m., 2:30 p.m., and 3:00 p.m.
September 26 at 2:00 p.m., 2:30 p.m., and 3:00 p.m.
These will take place in the Computer Lab, across from Apartment 351.
Sign-up sheet is posted in the Computer Lab.
If you have a laptop or tablet / iPad issue, please bring the device with you

The Walk to End Alzheimer's 2019: This year, the walk will take place at Kit Carson Park on Saturday, September 28, at 8:00 a.m. If you would like to take part in this walk, please call Activities at 858-592-7402. A shuttle will also be available for the event.