

Casa Update

September 6, 2019

Did You Know?

Just as there's Mother's Day and Father's Day, there's a day designated to celebrate grandparents. In 1978, Congress passed legislation declaring the first Sunday after Labor Day as Grandparents Day. In the famous words of former President Jimmy Carter, who signed this day into law, this is a holiday to celebrate "grandparents whose values transcend passing fads and pressures, and who possess the wisdom of distilled pain and joy."

~ To all grandparents - biological, surrogate, or grandparent-like in nature - thank you for enriching our lives with selfless acts of compassion and kindness. ~

•Administration•

Returning Packages: If you receive a package from FedEx or UPS and would like to return to sender, please do not bring it back to reception. Residents must contact the sender and request a return label. If your package already includes a return label, you will need to contact FedEx or UPS to pick up your package.

FedEx: 1-800-463-3339 • UPS: 1-800-742-5877

Casa Wi-Fi: Spectrum has begun the work to install campus Wi-Fi but it will be at least two (2) months before it is accessible to Casa residents. This will allow technicians the time to get the "bugs" out and offer the contracted services.

•Resident Services•

Resident Pictorial: The 2019 resident pictorial & resident handbook have been completed and sent to an outsider vendor to be printed. We are expecting them to be finished and ready to distribute within the next couple of weeks. Stay tuned for more information!

PET Alarms: Are you familiar with Casa's PET Alarm system? This emergency response system offers a fast and easy way to summon help in an emergency. Whether it be a medical issue, a fall, or any event that requires an immediate response, PET Alarms will have you covered 24/7. PET alarms can be purchased at Reception for a one-time-fee of only \$165. If you have any questions regarding pricing or availability, please contact Reception at 858-451-9152.

•Dining Services•

09/09 - Pizza: Smoked Salmon (Diced Smoked Salmon, Mozzarella Cheese, Artichoke, Diced Sun-Dried Tomatoes, Pizza Sauce)

09/09 - Dressing: Peach Vinaigrette

09/09 - Sandwich: Grilled Beef Ortega Sandwich (Sliced Roast Beef, Sliced Jack Cheese, Sliced Mild Ortega Chile)

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

Sur Dining Room Seating: For all residents and guest diners in Sur Dining Room, we ask that you please choose a table of the appropriate size for your party. Please do not add chairs to existing tables if they are not already there. For example: Tables set for 4 cannot be changed to a table for 5 by adding a chair, as this becomes a safety hazard. A Party of 2 should not sit at the large round tables, as we have a limited number of large tables to use for a large group. A Party of 3 should not add a chair to a table for 2 as this may affect accessibility of the walkways. Thank you in advance for your consideration. Your positive dining experience and safety are our main priorities.

•Physical Plant•

Concrete Repairs: Starting Monday, September 9 at 8:00 a.m., we will begin concrete repairs in parkside east, between the Bell Tower Park and apartment 1126. The repairs are expected to take two days to complete. Please avoid this area if possible and follow all construction signs and barricades. Thank you in advance for your cooperation!

Roofing update: We have completed the roofing repairs of the G wing (Apts. 538-545). The tile refelt project is going well; we are currently working our way around the Sur pool courtyard.

•**Safety & Security**•

Genetic Testing Scam: The U.S. Department of Health & Human Services is alerting the public about a fraud scheme involving genetic testing. Scammers are offering Medicare beneficiaries "free" screenings or cheek swabs for genetic testing by claiming Medicare will cover it, in order to obtain Medicare information for identity theft or fraudulent billing purposes.

It is crucial that you stay alert and protect yourself. Here are a few tips:

- If a genetic testing kit is mailed to you, don't accept it unless it was ordered by your physician.
 - Refuse the delivery or return to sender.
- Be suspicious of anyone who offers you "free" genetic testing and then requests your Medicare number.
 - If anyone other than your physician's office requests your Medicare information, do not provide it.
- If you suspect Medicare fraud, contact the dedicated hotline at 1-800-447-8477.

Crosswalk Safety: The safety of Casa residents and employees are our top priorities. Residents and staff frequently cross W. Bernardo Drive to the Rancho Bernardo Community Park for exercise and to park. Here are a few important reminders to help you stay safe:

- When crossing W. Bernardo Drive, cross only at the designated crosswalk.
- Use caution when crossing, even if you have the walk signal, because drivers often forget to look out for pedestrians and the sun can temporarily blind a driver.
- As a driver, be mindful when making a left or right turn. Double check for any pedestrians, and always give them the right of way.

•**Activities**•

Important Reminder: As a friendly reminder, remember that you will be charged transportation fees (apart from the ticket cost, if applicable) if you cancel within 7 days of an outing. If you have any questions on this policy please contact the Activities department at 858-592-7402.

Art Lecture by Charlotte Gragg: This month's featured artist is Paul Cézanne. Cézanne's work demonstrates a mastery of design, color, tone, composition, and draftsmanship. He was interested in the simplification of naturally occurring forms to their geometric essentials. Learn more about this fascinating artist on Monday, September 9, at 2:00 p.m. in the Dinner Theatre.

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. And to all the men, we invite you to attend and participate too!

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 it 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. It is a 2-mile walk on relatively even terrain. We would love for you to join Team Casa! If you would like to take part in this walk, please call Activities at 858-592-7402.