



# ACTIVITIES HIGHLIGHTS

The Holidays are over and thanks to many groups and organizations we had a truly blessed Holiday Season. The participation of many residents during those months was great and our Christmas Lunch and New Year's Eve Party were wonderful.

In February we enjoyed our Valentine's Candlelight Lunch. We had the opportunity to choose our King and Queen for the Valentine's Party: Bill Stoops and Vicenza Serruta were the beautiful couple who won the contest. They were crowned King and Queen of the event!

We just resumed our monthly breakfast and evening trips to local restaurants with the participation of six or more residents; we went to Sizzler and Coco's Restaurants for dinner time and "On the Town Café" for breakfast. Our weekly shopping trips to K-Mart, CVS, Ralph's and the 99 Cents Store are some of the events that residents enjoy most.

Every Wednesday we have had the opportunity to enjoy the music and sing-along with Verna and we also appreciate the music program by Emilie Diaz and her friends, who come to the Villa every second Sunday of the month.

Three days a week the residents meet in the bingo room to do Arts and Crafts under the direction of Kathy Guillick; thanks to this group we had beautiful greeting cards and holidays projects to decorate the residents' doors and windows.

The last Friday of each month is dedicated to playing Blackjack (21) during the Casino Hour; thanks to some family members and volunteers the residents have a great time playing cards, drinking wine and nibbling on salami, cheese and crackers between the games.

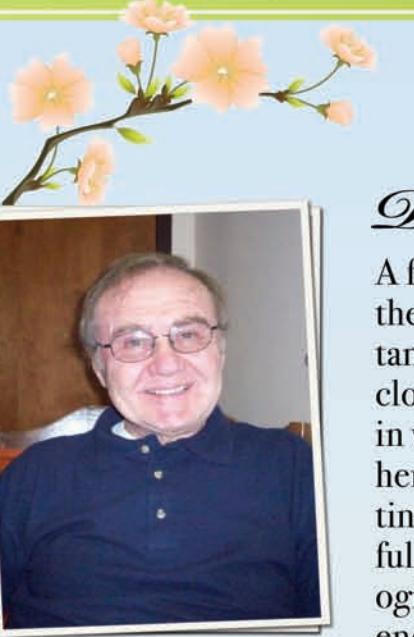
For the coming months new and exciting activities and trips are scheduled: Trips to Casa Italiana, St. Charles Church and the San Manuel Casino and in April we hope to have our first "Sunday Brunch" (more details will be posted).

**Sincerely,**  
**Ricardo Alas**  
Programs Director/Social Services



**VILLA SCALABRINI**  
Retirement Center & Special Care Unit

# NEWSLETTER



**Spring 2011 Volume XXXIX**

## *Dear Friends,*

A few months ago the Lord called my mother Valentina of 97 to Himself. For the previous 3 years she was unable to take care of herself and needed assistance. I have five sisters who live in Italy, but only one, Daniela, lived relatively close to where my mother lived when this happened. Daniela promptly took her in with her own family, in spite of the fact that she was already taking care of her husband's elderly mother. From that moment on, many of her family routines had to be adjusted to accommodate her mother's new presence. Thankfully, her family took up the new challenge with her, and she never had to apologize to her husband and daughters for the inconvenience caused by the presence of her mother.

Valentina died at the end of June, and soon after both nieces married and left home. One day, during one of their frequent visits home, one of them said: "You know, mom, those years that we had to arrange our lives around grandma and her illness – those were really a great blessing to our family!"

How can someone, whose life weighs on us like a burden, be a blessing? The answer is to be found in **the secret of love**. We give life to each other not just in what we do for each other, but also, in what we are unable to do. We bring a blessing to the sick when we visit them, but we also leave their presence blessed by having visited them. **There is love in giving, just as there is love in receiving.**

Today, we tend to define life almost solely on the basis of health, productivity, usefulness, and what we can contribute to others. If someone should ask you the question: "What do the elderly, who can no longer take care of themselves, contribute to our lives?" The answer is: they are giving us two precious gifts: character and a deeper understanding of life. "A nation's greatness is measured by the way it treats the weakest of its members" someone said. Jesus went further and said: "I was sick and you took care of me" come into eternal life!

To honor our parents in their latest years, when their health has declined and their existence seems to have lost its meaning, is a manifestation of our true faith in the dignity of human life, and a privileged way of honoring God.

**Father Louis Piran, c.s.**  
Executive Director



## *Sometimes great things in life happen when you least expect them.*

And so it goes that after spending many years working in the very proximity of the Villa, I have finally joined this wonderful family. It is an honor and a very much appreciated opportunity to work for a beloved organization, with a group of people, residents and staff, who are the best of the best.

Since its inception, Villa Scalabrini has enjoyed a wonderful reputation among the community as an outstanding facility, equipped with experienced and caring staff and a management that puts people's health and spiritual care at the forefront.

On a personal note, I had the fortune of having parents who lived a long and healthy life in my hometown of Milan, Italy. Living quite far away, I could only visit them occasionally, but ultimately I was not able to spend enough time with them in their later years, in the sunset of their lives. Luckily my two sisters were there for them.

Being at Villa Scalabrini, on a day to day basis, and being in contact and of service to our elderly residents, many of whom speak the language of my parents and remind me so much of them, is now a true blessing, that in some measure seems to fill the void left by the loss of my own parents some years ago.

As the Admissions Coordinator I will do my best to facilitate the process that families have to face when they decide to entrust their loved ones to the care of Villa Scalabrini, smoothing the transition, listening to their concerns and offering information and assistance.

Throughout the years, word of mouth has been the best referral tool for Villa Scalabrini, as our satisfied residents' families have consistently recommended this facility to their friends and relatives. Please continue to be the Villa's "ambassadors" and with your help the Villa will continue to be the caring and welcoming new home for your loved ones.

### **Laura Mesrobian**

Assistant Administrator/Admissions Coordinator

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# SCU NEWS



Every celebration here at SCU is a momentous event for our dear residents and a blessing to behold of how good is the Lord to all of us. For the past four months, we have had various events that we shared together and for which we are grateful!

We commemorated All Saints Day and All Souls Day on the first week of the month of November. Story-telling on the lives of the saints was one of our sharing times on this particular day. For our beloved dead we remember them in our Holy Mass with our special prayers and intentions, remembering that they are already with God.

Thanksgiving Day in America is something special. Perhaps this is everyone's Thanksgiving, not for the material things given to us but for the chance, in whatever small way, to give to others: Our kind smile to others and loving service and most of all thanking God for the wonderful life we are now enjoying and the presence of all our loved ones. We had candlelight Thanksgiving dinner on the 18th of November and on this day we also had a Thanksgiving Bingo in the afternoon, which the residents loved and enjoyed most dearly. Some of our residents' families came to take them out for dinner and a nature walk outside the Villa. It was very special for them to be with their families during this occasion.

"Blessings are like a chain, they connect to each other. So as God is always a blessing for us." JESUS is a gift to us, a blessing to all mankind. God sent us His only begotten Son to save us from all our sins through the Virgin Mary's YES to God's will. That is why CHRISTMAS is a meaningful event that took place on the eve of this cold December night when Jesus our Savior was born. Let us therefore pay heed to this mystery of salvation!

December activities were made possible with the support of the Administration, such as having a Christmas Lunch with entertainment and Santa's Visit. This was the gift-giving to all the residents and staff of the Villa and we are thankful for the presence of the volunteers who came to help us on this wonderful celebration. Happy faces around the Villa make each one of us joyful! Not the gifts that we received but the love and the joy we shared with our dear residents made the Holidays so special: Carolers took turns to serenade our residents, little children from different schools and organizations came just to sing and dance for the residents and brought handmade cards that they handed out to them while singing "We wish you a Merry Christmas and a Happy New Year". Thank you everyone for your loving presence to brighten the days of our dear residents. God bless you all!

On the 24th of December a Christmas program by the Las Posadas took place in the afternoon. All the SCU staff, families and friends were there to help our residents. We made a procession that was followed by snacks of hot chocolate and cookies. We are grateful because God really sent us instruments or angels to inspire and to help us with our residents. Thank you for your wonderful help!

The New Year's Eve celebration was facilitated by Ricardo Alas, with the help of all the staff of the Villa. Residents of the RCFE joined us here in the SCU. We had entertainment on this day that we call "The Magic Music." It was a beautiful celebration that everybody enjoyed.

"Let there be peace on Earth." A song that we always heard in Church on New Year's Day! We wish this all the time, and God knows how much we desire for this. But peace should start from within us, no matter what. We just pray...

One of the special events the residents really enjoy and look forward to on New Year's Day is the Rose Parade. Early in the day we opened the television for this program; they were so happy to see those beautiful and amazing floats that were filled with thousands of roses and different kinds of beautiful flowers. "And we are privileged enough because we can view them on this big screen," said one of them. In the afternoon we had a New Year's Bingo Special, an event everybody does not want to miss. Special prizes came from our generous donors, particularly from Ms. Philline, Rosalinda, and Yolanda. Thank you so much!

As always we celebrate special dates, our residents' birthdays. Some very important milestones were reached and celebrated, birthdays celebrations that most of us do not expect to reach. We have residents who already reached their 102nd and 103rd birthday and we are looking forward to celebrate the 104th birthday of one of our new residents. We hope and pray. We also give honor to one of our residents every month by holding the Resident of the Month Party and Entertainment. And we take this opportunity to thank Fr. Ignatius for playing the organ and the accordion every Wednesday of the month and sometimes for the Resident of the Month Party. God bless you Fr. Ignatius!

Let us continue to live out the Spirit of Love and Dedication as we serve the seniors for the Glory of God and His people. Thank you all!

May God bless us and may the Blessed Virgin Mary intercede for us always. Amen!



Maria Bedoya, SSD and  
Sr. Mavieve Joy G. Bernaldez, AR

# SCU NEWS



## Dear family & friends,

Spring is approaching and what a beautiful time of the year!

We have had such a great time during the last quarter, as Sr. Joy and Ricardo Alas have written about, covering all of our activities throughout this time.

Here are some of the improvements that have taken place at the Villa since our last newsletter:

- We mounted cameras outside of our property and at the front desk to secure the property 24 hours a day.
- We repainted all handrails and base boards inside the hallways of the special care unit.
- New flooring was placed for our employees' dining room and dietary storage room.



On February 28, 2011, 5nex & Company, Inc. began providing rehabilitation therapy services at Villa Scalabrini Retirement Center and Special Care Unit. 5nex & Company, Inc. will be providing the rehabilitation staff and services for the patients and residents of our facility. The new rehabilitation team includes Physical Therapists, Occupational Therapists, and Speech-Language Pathologists that will be available to provide rehabilitation services for those patients/residents in need of therapy care. The rehabilitation staff will be on-site Monday through Friday and on weekends as needed under the leadership direction of Rene Pilac, RPT.

Therapy services will also be available to residents in the Assisted Living Facility. Residents who are experiencing a decline in functions or are in need of therapy care will be able to receive rehabilitation services from the same therapy staff. Residents will be able to request services by notifying their caregiver; physician's orders for therapy will be requested as needed and rehabilitation therapy can be provided.

Treatments include therapy to improve mobility and function caused by losses suffered from conditions such as occur following a stroke, broken bones, following joint replacement surgeries, or simply by declines in functional abilities in activities of daily living. Treatment plans will be developed to meet the specific need of each patient and their condition. Examples of treatment programs include: gait/ambulation training, balance improvement, transfer training, muscle strengthening, improvement in range of motion, dressing/grooming, feeding, swallowing improvement and many more. The therapy team provides an interdisciplinary approach, allowing each member of the team to help with the recovery process. Along with the physician and clinical staff, the therapists will evaluate the condition and determine the best possible approach to regain the lost function and/or improve the condition.

Unfortunately, we are not currently able to change all the TVs in the special care unit. Once we have available funds, all of our rooms will be equipped with flat screen TVs.

From October through March 8, 2011 we had 23 new admissions and 22 discharges in our skilled nursing unit and 13 new admissions in our residential unit. We welcome all of you!

In addition to welcoming new residents, we would also like to welcome three new staff members who have recently become part of our team.

The new staff members are:

- Roger Manzano SCU-LVN
- Jesus Peres Housekeeping
- Laura Mesrobian Assistant Administrator/Admissions Coordinator



To the families who have lost their loved ones, my deepest sympathy goes out to all of you. Know that they are always in our prayers.

Blessings to you all,  
**Ardy Afshar**  
Administrator/CFO



# La Piazza

AT THE VILLA SCALABRINI



## La Piazza – Best Value for your Senior Dollar!

La Piazza, our 55+ community – is a great place to consider for the next phase of your life. We have thought of everything that senior living should offer – Here is an example of the exciting features at La Piazza:

- Yoga • Art Exhibits • Raised Bed Gardening
- Fitness Center • Spa • Movie Night... AND Much More!

Tours are available any day of the week. In March we hosted a new and exciting event at La Piazza called: “**Moving Forward**” Sponsored by Gentle Transitions

*Helping seniors move and transition to a new phase in their lives*

**MOVE IN SPECIAL of \$1,500** Towards relocation services – packing, moving and unpacking your boxes so you can become one of our exclusive Residents (terms and conditions apply.) Rent starts at \$2,750 per month

## Coming Soon Events at La Piazza

**April** Tips on How Seniors Can Sell Their House for Maximum Profit in This Market

Gentle Transitions – How We Can Help Seniors Transition to La Piazza Easily and Painlessly

**May** Maintaining Mental Fitness

Financial Planning for 55+

Tips on How Seniors Can Sell Their House for Maximum Profit in This Market

**June** Summer Concert Series Begins



## Special things that make La Piazza different from all the rest:

- 1200 sq. ft. individual homes, you don't feel like you live in a high rise apartment
- 2 bedroom, 1 bath with a full gourmet kitchen
- Private fenced patio attached to your home
- Covered carport - you and your guests park at your house
- Complete maintenance, including housekeeping and linen service once a week
- 2 gourmet meals prepared daily by our Chef
- 24 hour security
- Great activities - including raised beds for gardening and a fitness center
- Catholic community - daily Mass offered in a serene setting

A 55+ Community nestled at the Base of the Verdugo Mountains. **Join Us!**



Visit our website [www.villascalabrini.com](http://www.villascalabrini.com)  
for upcoming events at La Piazza