

FRIENDSHIP MANOR NEWSLETTER

J. M. ALEXANDER, EDITOR

Van's Away . . . Get On Board

For medical appointments or just for fun, take the Manor van

Every week, the Manor Van is a valuable resource for Residents, for medical reasons or for pleasure or shopping.

The van is a medical lifeline for Residents who need transportation to doctor appointments or medical testing. Richard is great at scheduling, and confirms with Residents the night before their appointments to make sure of times and as a reminder. Residents who need the Medical Van should schedule with the Front Desk, at only \$4/per trip.

The Manor Van also ventures into the Central Coast for Joy Rides and Local Walks once a week each, with Activities Director Chris at the wheel. Chris also chauffeurs local shopping trips to Goleta and Santa Barbara, including Trader Joe's and the 99-cent store. In addition, he books field trips to local concerts, plays and art exhibits. Some of these trips, especially when visiting restaurants and trips out of the area, may require Resident out-of-pocket expense.

If you haven't taken advantage of all the Manor Van has to offer, check out the slant board in the Lobby and sign up for a field trip with Chris; or connect with Reception to schedule a ride to your next medical appointment with Richard.



April Highlights

March 1

Ice Cream Social

March 3

Reflexology Every Monday and Thursday / 10-12pm Beauty Shop

March 7

Ibrahim Salma – Jamison Hall

March 9

Sara Juno Jewelry Show
11 am to 3 pm – B Lounge

March 13

Steve Hoegerman Slide Show –
Jamison Hall

March 16

Heather Blake – Jamison Hall

March 21

Renee Hamaty – Jamison Hall

March 22

UCSB Music Connection – B Lounge

March 22

Hot Dog BBQ – B Lounge

March 28

Roger Thornhill – Jamison Hall

March 29

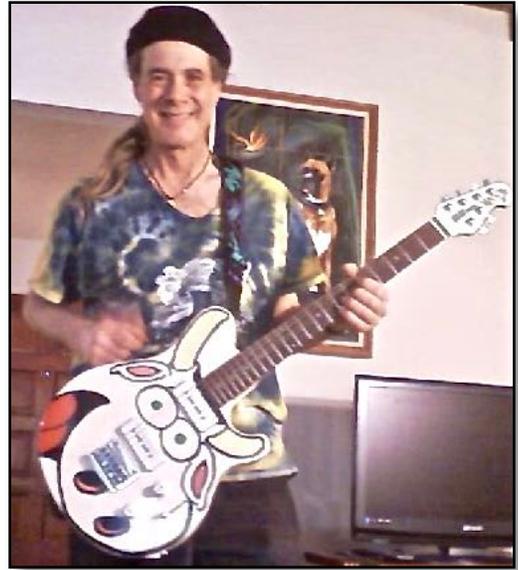
Pizza Party – B Lounge

PAULL RUBIN

Paul was born in Jamaica, New York City, NY and has lived in Los Angeles, Boston, Seattle, Arizona, Georgia and New Mexico. He has a BA in Anthropology from Humboldt State University and a recording degree. He has worked as a professional guitarist, recording engineer and composer (ASCAP) — he's recorded 12 CDs of original music (you can visit his website at www.rubinhood.com). He's also received eight awards for his recordings, and is an accomplished guitarist.

His accomplishments and personal interests are many and varied. He likes beach combing, hiking and fishing, and of course travel. His musical tastes include rock 'n roll, blues, classical and Indian classical. Favorite sports are baseball, frisbee, swimming and volleyball, and for relaxation he likes to watch movies, practice yoga and, of course, music.

Paul is a fascinating person who has lived life to the fullest. As evidenced anywhere you see him in the Manor, he is celebrating 19 years in a committed relationship with another Resident, Margaret Morrison. He is truly multi-faceted and has a very interesting history, including having had Rabbinical training and enjoying the study of Jewish traditions. Paull likes chicken soup, blueberries and chocolate, so sidle up with a candy bar and get to know him better.



REFLEXOLOGY WITH MARY

Mary Reece-Upton is offering foot Reflexology on Mondays and Thursdays from 10 am to 12 noon in the Beauty Parlor. Residents interested treatment can sign up for an appointment on the slant board in the lobby.

Mary first got interested in reflexology in the 1970's and started as a certified practitioner in 1987, practicing full time for 22 years, and thus has extensive experience.

“Reflexology is very relaxing,” Mary reports, “it aids circulation and stimulates energy to what the body is trying to do to keep you healthy.”

Contact Mary at 805/685-2343 to set up an appointment. Half-hour sessions are just \$20, and hour session only \$30.

It's been quite awhile since we've had anyone doing Reflexology here at the Manor, so pamper yourself with a wonderful session with Mary!



DOROTHY'S CORNER STORE — IN THE B LOUNGE

The volunteer-staffed Corner Store in the B Lounge offers a wide-range of conveniences for Manor Residents. From necessities like paper products, to trash bags, to snacks and ice cream, this is your place to shop.

All profits from every purchase go to fund movies in Jamison Hall, live entertainment, the B Lounge TV and wi-fi, and much more. Support your Corner Store and make use of this valuable resource. If there's something you use regularly and can't find in the store, let them know.

And if you're interested in volunteering to help staff the store, see Mary or Eileen in the store. Right now the Corner Store could use a couple of volunteers to help out. It's a fun way to spend an hour and a half in helping out your fellow Residents.

If you'd like to volunteer and help keep the store staffed, talk to Mary or Eileen.



TOM FORESTER GALLERY

Tom Forester was a fine artist and left us too soon, but he left behind some stunning works of art that can be viewed by Residents in the executive offices upstairs next to the Library. If Dan and Patricia are there, you can view these very expressive pieces and appreciate what Tom had to offer.



MANOR UPDATE

The Resident Resource Committee (Betty Chackel, Chair) meets 11:00-11:30am every Friday in the E Lounge. Everyone is welcome.

Please help our kitchen keep track of dishes and utensils by not taking them from the Dining Room. Often they are found in the trash or left abandoned around the Manor.

All Residents (women and men) are invited to come to the Clothing Exchange, held on the first weekend of each month on the second floor patio between the A and B buildings. It starts at 8am on Saturday and ends at 3pm on Sunday.

PLEASE READ IF YOU USE A WALKER

Dear Friendship Manor Residents:

Due to limited space in our dining room, walkers will be allowed until it is determined by staff that they become a trip and fall hazard to your fellow diners. Please allow staff or other residents to temporarily remove your walker out of the main seating area, returning it upon your request.

Thank you for your assistance.

Dan Herzog
Executive Director

PS: At no charge, Friendship Manor can label your walker with your name. Please see the front desk and ask them to use our label maker.

April Birthdays

- 4/2** Hermalinda Parsons
- 4/2** Lois Blackwell
- 4/11** Irene Bowles
- 4/11** John Squires
- 4/12** Jude George
- 4/14** Mary Reese-Upton
- 4/14** Cecil Hamilton
- 4/16** Ed Weddle
- 4/18** William Reelfs
- 4/22** Jim Campbell
- 4/24** Karen Hess
- 4/25** Catherine Cline
- 4/26** Bruce Beveridge
- 4/26** Cheri Hollywood
- 4/28** Mary Dugan
- 4/29** Dave Thurber
- 4/29** Geri Lobdell

