

FRIENDSHIP MANOR

NEWSLETTER

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Fiesta Pix and Workshops

Important Resident Meetings in August – don't miss them!

In this issue: There are always any number of resident-led activities here at the Manor. Judy recently led a Rock Painting session in the B Lounge and those who participated had very fun time. Thanks, Judy! *(photo below)*.

Fiesta at the Manor is a yearly tradition, and this year was no exception: an entire Mariachi band entertained out by the pool and residents came out in droves to share the spirit of Old Spanish Days *(photos inside)*.

And finally, an important Communication Workshop is highlighted inside, open to all residents, led by a UCSB professor. See the article inside for details and plan to attend!



August Highlights

August 10

Variety Show – Jamison Hall

August 12

Ice Cream Social

August 17

Falling Workshop – Jamison Hall

August 18

Book Mobile

August 19

Hot Dog BBQ

August 22 & 23

Communications Workshop with UCSB Professor – Jamison Hall

August 24

RSC Meeting –6:30pm in Jamison Hall

August 26

Pizza Party

Bingo – Tuesdays and Thursdays

Resident Support Meeting with Betty Chackel

– Fridays at 10:30am in the E Lounge Conference Room (See article on the back page)

Local Walks & Joy Rides and Shopping & Medical Van Trips

with Chris and Richard – Sign up on the slant boards in the Lobby

FIESTA AT THE MANOR

Daisy Leon (playing violin) and her Mariachi group entertained out by the pool during Old Spanish Days and the picture-perfect day was an ideal setting. And even Sandra got in the spirit!



IMPORTANT UCSB COMMUNICATION WORKSHOP

Residents at the Manor face challenges in adapting to congregate living, and one of them is forming relationships with total strangers. Let's face it, no one grew up around 210 other people not their family, and making that transition is easy for some, not so easy for others.

But now here's an invaluable opportunity to learn communication and co-habiting skills from a professional educator, and that's good news for everyone.

Nikki Truscelli, PhD, Communications Department Professor at UCSB, and her class of undergraduates, are currently putting together a curriculum specifically tailored for residents at Friendship Manor. Some people may remember Nikki from her Thrive Study last spring.



Nikki's communication focus is on relationships, teaching from a social science position: "Conflict is a communicative science," she observes, and her two day workshop here at the Manor brings her years of expertise to residents. Her goal is to create a space where people can feel they are heard and seen.

It's a two-day proposition, each workshop lasting an hour and a half, with the first day to be instructive, interactive and content focussed, with discussion and collaboration, identifying conflict patterns; day two will focus on putting the content from day one into action.

This is a wonderful opportunity for Residents to take advantage of a UCSB professor's expertise to help make Manor life a more enriching experience. No sign-up sheet, just show up in Jamison Hall and have a wonderfully informing experience. Don't miss it!

The Communication Workshop is scheduled for August 22 & 23 from 10:00-11:30 am.

OTHER GREAT OPPORTUNITIES FOR RESIDENTS

"Falling" Workshop – Learn essential ways to avoid falling, with practical advice, August 17, 1:00-2:00 in Jamison Hall. As seniors age, equilibrium and other conditions can lead to a tendency to falling. Get tips for daily life.

Looking for an easy way to connect with your kids or grandkids? See the **"Remember When"** flyer above the slant board and take action to enhance your relationships with your loved ones.

Live Online Learning. – The Goleta Valley Library can point you towards hundreds of online classes to keep you mentally, physically and socially active. See the flyer above the slant board.

RESIDENT SUPPORT

Got a question, a concern, or are you a new Resident with questions about how to navigate the Congregate Living situation of the Manor?

Betty Chackel's regular Friday meeting in the E Lounge may be for you!



Betty is a great listener and problem solver, the meetings are private and friendly, and she's been helpful to many Residents. Plus, it's a good way to catch up on news of the Manor and feel you have a voice that's being heard.

Betty's meetings are every **Friday at 10:30 am** in the **E Lounge Conference Room** – which is adjacent to the upstairs Library.

DOROTHY'S CORNER STORE

All profits from every purchase go to fund movies in Jamison Hall, the B Lounge wi-fi and copier, and much more. Support your Corner Store and shop this valuable resource in the B Lounge, open Monday, Wednesday and Friday from 1:00 to 2:30 pm. Come and shop local!



And for 24/7 snacks and sodas, remember the machines adjacent to the Corner Store. A portion of those proceeds also go into the RSC general fund for Resident services.



August Birthdays

- 8/4** Michael Mikos
- 8/7** Jocelyn Martinez
- 8/12** Catherine Sandoval
- 8/12** Terra Paley
- 8/13** Smokey Quiroga
- 8/14** Tom Burton
- 8/14** Arlene Grossman
- 8/16** Diane DeLuca
- 8/19** Gloria Acosta
- 8/21** Jane Kohler
- 8/23** Ann McEvan
- 8/24** Judy King
- 8/26** Jesus Cornejo
- 8/26** Diane Ireland
- 8/27** Maureen Null
- 8/29** Douglas Gillies

