

FRIENDSHIP MANOR

NEWSLETTER

J. M. ALEXANDER, EDITOR

4th of July Festivities

Another fabulous BBQ highlighted the celebration

In this issue: Expert chef Bayron worked the grill in the Promenade to provide hamburgers and hot dogs for a traditional holiday meal, and he did a fabulous job (*photo below*).

Inside has photos of fan favorite Nicole Lvoff offering her unique vocal stylings by the pool on the 4th of July while the BBQ sizzled, and Snapshot playing at the Hot Dog BBQ, providing classic pop music and making the day very special indeed.

And finally, if you couldn't make the monthly RSC General Meeting, you'll find a summary of items of interest.



July Highlights

July 4

4th of July BBQ with Jazz by the pool with Nicole Lvoff

July 7, 14, 21 & 28

Resident Support Group – E Lounge Conference Room (every Friday)

July 15

Hot Dog BBQ – with Sheldon Debow Trio

July 20

Renee Hamaty, classical piano and show tunes – Jamison Hall

July 27

RSC Meeting –6:30pm in Jamison Hall

July 29

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 (rides) and at Reception (medical).

MUSIC AT THE MANOR BY THE POOL

The 4th of July was a great day of celebration with Jazz by the Pool with Nicole Lvoff offering her lyrical singing voice, our own Dennis even pitched in, and it was a sparkling day at the Manor.



ICE CREAM SOCIAL BY THE POOL



RESIDENT SERVICES COUNCIL (RSC) UPDATE

Some exciting programs are upcoming to the Manor, thanks to the efforts of President Sheri Wright

In August or September, date to be determined, there will a class on Falling, which will be helpful to Residents. As people age in place, and health issues arise over time, chances of falling increase and this class will help teach residents how to cope and what to do to help prevent falling.

Excerpts from the catalog from the Center for Successful Aging are being compiled for Residents who might need assistance with drug costs and housing rent assistance, among others services and support mechanisms available to seniors in Santa Barbara County. Residents will be notified when it is done.

Mediation sessions/classes led by experts from UCSB will begin in late August. The goal of having these Professors and Grad Students speak to us is to help empower Residents with effective coping mechanisms, co-habiting skills and proven conflict resolution methodologies that are essential to those living in any large congregate living situation, such as the Manor. — Details will follow.

Many thanks to Mary Huston who has stepped down as RSC Board Treasurer after serving on the Board since 2015. Jerry Newton has assumed the role of Treasurer: thanks to Jerry for stepping up.

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.



July Birthdays

- 7/3** Fran Smith
- 7/11** Alex Escallier
- 7/15** Theresa Wall
- 7/20** Georgeanne Unzueta
- 7/21** Enola Fox
- 7/21** Barry White
- 7/28** Cynthia Rea
- 7/29** Jane Perham

