

FRIENDSHIP MANOR

NEWSLETTER

J. M. ALEXANDER, EDITOR

Labor Day and Workshops

There's always something happening at the Manor!

In this issue: The annual **Labor Day BBQ** party was another home run. Thanks to Eswin and his staff for tasty hamburgers, hog dogs and all the fixings. Cornelius put together a jazz trio that also hit it out of the park. *(Pics below and on page 2.)*

The **Communication Workshop** held by UCSB gave many Residents guidance on congregate living and conflict resolution. After the two-day workshop, 50 undergrads held a party with games which was also a big hit. *(Pic page 3)*

And finally, two representatives from **Visiting Nurses** held a very informative **Falling Workshop**, the essence of which is summarized on page 3.



September Highlights

September 2

Ice Cream Social

September 4

Labor Day Party – Pool

September 7

Flu Shots – B Lounge

August 16

Hot Dog BBQ

September 23

Pizza Party

September 28

RSC Meeting –6:30pm in Jamison Hall

Bingo – Tuesdays and Thursdays in the B Lounge hosted by Larry

Resident Support Meeting with Betty Chackel – Fridays at 10:30am in the E Lounge Conference Room

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).

LABOR DAY AT THE MANOR

Resident Cornelius assembled a fantastic jazz trio for the Labor Day festivities, it was a great summer day, and Residents turned out in record numbers to hear these incredible musicians light up the day. It was one of those memorable days people talk about for years. Thanks, Cornelius!



RSC-SPONSORED WORKSHOPS AT THE MANOR

When Sheri Wright was voted President of the RSC (Resident Services Council) she immediately had two major objectives: the first was to coordinate with UCSB for a workshop in communication and conflict resolution, and the second was to have the Visiting Nurses organization come to the Manor with workshops detailing recommendations for how Residents can lead a better life. Things like this take time to set up, and finally in August these two goals came to fruition. Thanks to Sheri for spearheading these initiatives, and thanks also to Elizabeth in coordinating with the Visiting Nurses.

USCB COMMUNICATIONS WORKSHOP

Nikki Truscelli, PhD, Communications Department Professor at UCSB, and her class of 50 undergraduates, created a curriculum specifically tailored for residents at Friendship Manor, and those Residents who attended came away with a new understanding and appreciation for the value of clear communication. This may become a yearly event. (Some people may remember Nikki from her Thrive Study last spring.)



After the very successful two day communications workshop, Nikki’s undergraduate students organized an “Extravaganza” with activities and games both in the B Lounge and out by the pool, and Residents had a blast interacting with UCSB students.

VISITING NURSES FALLING WORKSHOP

The Visiting Nurses Workshop was another big success, bringing many helpful and essential ways to avoid falling, with practical advice. As seniors age, equilibrium and other conditions can lead to a tendency to falling, and some of their suggestions include the following –

Intrinsic Factors (factors we can not change much): age; multiple medications; vision, incontinence; cognition.

External Factors (factors we CAN change): cluttered floors/pathways; rugs, tiles, wet floors; distance to necessities (i.e., if diabetic, having juice next to your bed if needed in the middle of the night); item placement; brightness level; clothing; shoes; furniture types; use of assisted devices. It is amazing how our living spaces, when well organized, can help falling risks.

There are many other ways in which the Visiting Nurses can help, including types of walkers and how they are set up. Coordination is underway to have the Visiting Nurses return on a monthly basis, and even helping residents decrease clutter and make for safe living spaces. Be on the lookout for future dates and times.

THE MANOR RESORT

With the addition of the beautiful white gazebo, Manor Director Dan Herzog’s vision for a revamped pool area is complete. The white chairs, tables and chaise lounges all provide an attractive and extremely functional area for Residents to enjoy for many years. Many thanks to Dan for personally spearheading this spectacular upgrade.



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!



September Birthdays

- 9/6 Viviane Baas
- 9/6 Dennis Berger
- 9/14 Janet Wern
- 9/16 Dutch Vandervoort
- 9/16 Vickie Clements
- 9/17 Rose Ogden
- 9/17 Beverly Eastwood
- 9/18 Moy Leuthardt
- 9/18 John Rupert
- 9/19 Lorna White
- 9/25 Rick Browning
- 9/26 Rosemary Holmes
- 9/26 Jerry Newton
- 9/29 Gerald Shusta
- 9/29 Rocky Martinez
- 9/30 Edgar Ocampo

