

SEPTEMBER NEWSLETTER

From the desk of the Executive Director

Change: to make or become different. synonyms: convert, transform, rebuild, reconstruct.

"It's important that we make friends with change." -Ram Dass

Happy September! With September comes the end of summer, and the beginning of fall. Fall and change are synonymous, as tree leaves are changing color, the temperature grows cooler, plants stop making food, animals prepare for the long months ahead, and the daylight starts growing shorter.

As humans one of our greatest errors is the belief that how it is right now is how it is going to be forever. Change doesn't happen the way we expect it to. We picture change as an epic before and after moment, when change is actually subtle. It often seems like nothing is happening, until suddenly you look around and your whole world has changed without you noticing it.

One of the things that we face as people who love those with a memory impairment is that we have to change our entire system of how we do things. It is sort of a balance of tension. As we love and care for someone with a memory impairment, the change in the balance causes changes to the tension. It then leaves us unbalanced, like a dancer with two left feet. It has us constantly trying to find footing and do the dance right. This is where I would like to remind us all that we have to make friends with this change. The task is not easy for you, for us, or for your loved one. This type of balance is deeply rooted in faith. The word faith is deeply connected to belief, trust, and confidence in something, often without evidence or proof. I have been awakened by change and the light of faith to see that life is service, and now I act and encourage us all to behold that service is JOY. Life is going to present us with some dances that we are not ready for, dances we never heard of, nor have ever seen. By making friends with change and having the faith to know that while we are feeling lonely or sad, that feeling will not last forever. At Desert Hills our lives are very rich because of the service we do, and here we meet you heart to heart. Remember that change is coming, even if you can't see it yet. Have faith in the world's ever-changing nature and remember that even the hardest moments don't last forever. Have faith in yourself: You're working hard, you're doing your best, and you're handling this ever-changing disease with such grace. Thank you for being brave, faithful, and loving.



SHANNON MOORE



EXECUTIVE DIRECTOR



Monthly Connections

There's something about September that makes me want to slow down, take long walks and deep breaths, and enjoy the world around me.

Really, with the holidays approaching and the rush of summer waning, September is the perfect time to slow down and appreciate the world around us. To take time to check some of those "want-to-dos" off our list and let the "must-dos" lie for a little while longer.

But do yourself a favor. Slow down enough that you can be present in the moment. Embrace the change. And help your friends and loved ones embrace it too.

And, as always, I'll help you get started. Take a look at the following September holidays.

"Just for fun" days

September 2nd – National Hummingbird Day – share the energy.

September 4th – Labor Day – Take time to honor our American workers.

September 6th – National Read a Book Day – Encourage reading by sharing your favorite book, starting a book club, or curating content from your local library.

September 8th – Star Trek Day – Trekkies unite!

September 13th – Positive Thinking Day – Keep those positive thoughts going. You can do it.

September 15th – National POW/MIA Recognition Day

September 21st – World Gratitude Day – Express your gratitude!

September 28th – National Good Neighbor Day – Sign the pledge. Be a good neighbor.

What's happening at Desert Hills?

September 08: Payroll Appreciation Day.

September 10: National Assisted Living Week/National Housekeeping Appreciation week

September 13: Education & Connection Group @ 10:30am

September 23: Annual "Kick Alzheimer's Butt" Kickball Tournament

September 29: Resident Council Meeting @ 1:00pm

Welcome to our New Residents!

Our community is growing! This month, we are so pleased to welcome new resident Gerald Pickett.

Darci Marquette



Community Relations Director

Chef Gabrielle Corner

We all love snacks, and that includes our residents here at Desert Hills Memory Care. One of dietary's goals is to not only provide nutritious snacks, but also ones we know our residents enjoy. A good snack helps to maintain caloric intake as well as provides energy for our residents between meal times. An essential snack that we provide is fruit such as sliced apples, bananas, oranges, and watermelon. Although fruit can be very beneficial to our residents, we acknowledge that there are fruits that residents with diabetes cannot have. We substitute these fruits with berries or other diabetic friendly snacks. Other snacks that we offer include hard boiled eggs, cottage cheese with crackers, yogurt with homemade granola, and protein shakes. On occasion we offer our residents special snacks such as Chex Mix with fruit or freshly popped popcorn. To make snacks more appetizing and nutrient dense, dietary fortifies them with additional toppings. For example, our residents love to eat their apples and bananas with peanut butter or mixed nuts. Peanut butter contains a healthy fat, and is a good source of protein. Another addition to snack time is water, water, and water! Keeping our residents hydrated is very important, so we make sure to provide water during each snack time. Know a snack that your loved one enjoys? Feel free to bring any snacks for your loved one, as it always puts a smile on their face.

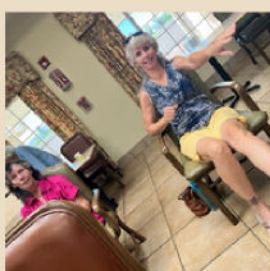
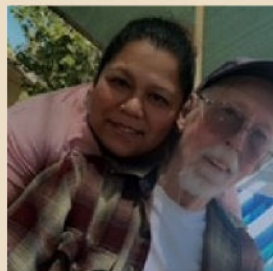


Gabrielle Willis



Dining Services Director

LIFE ENRICHMENT HAPPENINGS



As always, the Summer has gone by too fast! we went out with a splash we celebrated our annual Water Day. We grilled hotdogs and hamburgers. We ended our day with Kona Ice. We been spending a lot of time outdoors watching our sunflowers bloom.



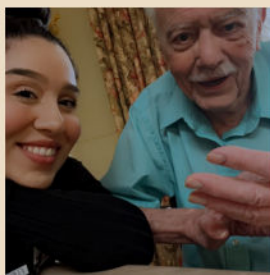
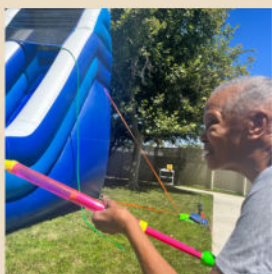
Cooking club has been a hit we made tomatoes and cheese bruschetta ! Residents enjoyed making them and of course best part eating them.



Stephanie Wali



Life Enrichment Director



LIFE ENRICHMENT NEWS



Happy September everyone! We have some amazing events coming up. We will be hosting out First Annual Kick Ball Tournament to raise money for the Alzheimer's Association on the 23rd. If you would like to donate, join a team, or make your own team please see the flyer above for info. No experience playing needed, it will just be a fun way to raise money for a cause near and dear to our hearts here at Desert Hills. Also we will be having our Annual Truck or Treat on Halloween, this event allows our residents to enjoy Halloween and see the local children. If you would like to donate candy or use of your trunk for the event please let me know. We will be amazing a fun filled fall at Desert Hills this year.

Shelby Walker



Office Business Manager

I will be out from 9/4/2023 - 11/24/2023 on baby bonding. Rest assure activities will still be going on. If you have any questions regarding activities please contact our business manager Shelby Walker.

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BREAKING
NEWS



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