

FROM THE DESK OF THE EXECUTIVE DIRECTOR



shannon Moore

Love- love [luv]-like something very much: to like something, or like doing, something very much Synonyms: affection · adoration · friendship · tenderness · feeling · fondness · devotion

This month, with Valentine's Day in sight, we set our focus on love. It can be experienced differently for everyone - we all have bad and good stories about love. For better or for worse, Valentine's Day is a day used to reflect on love that is given, kindness, caring, concern, sympathy, and loyalty to someone in your life.

I know that love grows and changes as we care for someone with Dementia. I often hear that it becomes more like a parent-child relationship among spouses, and a generative cycle among adult children caring for parents. It is a love that has shifted from its original origin, it is textured, it is alive, yet different. It is most certainly more complicated and taxing in certain aspects, but it is a load that many bear proudly for all kinds of reasons.

The problem with Valentine's Day is there is no recognition of the turmoil that exists in celebrating this love, the strife and struggle, and the ups and downs. Moments of feeling like I don't know if I can keep doing this? or I just want to know when this is going to be over...these are also moments of love. Not wanting someone to suffer or exist in a life that is not worthy of their greatness, that is love, too. For those who feel ashamed or guilty for having these thoughts about a loved one, please know your love is strong, even with those thoughts.

With my almost 12-year tenure with Desert Hills, I am a holder of so many stories told to me over the years. They have traveled through my ears and into my heart, and I feel their magnitude and power every day. I may not be able to remember all the specific stories told to me over the years, but I can still feel that emotion, just like those living with Dementia. The person with Dementia may only have a few words left, they may not recognize loved ones they spent their whole lives with, but they do feel it, they know it like something that cannot be named. Your love and care, your connection and concern, your dedication and struggle, they are not for nothing.

At Desert Hills, we try to mend the hearts that come to us. We know that all the work we do is because you love someone who needs us. With that responsibility of love, we happily will do our best to make sure we meet and love your family every day. Love comes to us in many shapes and forms, like an extra slice of cake, a long hug, thank you letters in the mail, a dozen roses, or even a dream.

NEWSLETTER

FEBRUARY 2024



WELCOME HOME TO OUR NEW RESIDENT



Jon P.

Welcome to Desert Hills! We are delighted to have Jon as a part of our community.

At Desert Hills, we believe in creating a warm and welcoming environment for all our residents.

EMPLOYEE OF THE MONTH



JESUS LIZARRAGA
DIETARY ASSOCIATE

Jesus is passionate about cooking whether it's at home for his family, or at work. His loyalty and dedication to our residents and his peers is remarkable. Jesus is always ready to step up and go above & beyond. Desert Hills is happy to announce you as our February Employee of the month.

03

HAPPY BIRTHDAY. FELIZ CUMPLEANOS. MALIGATANG KAARAWAN.

BIRTHDAY

RESIDENT

Rex B.
02/16

ASSOCIATE

Shannon R.
02/09

Stephanie F.
02/17

Kayla R.
02/26

WISH YOU ALL THE BEST

*Life is a journey to be experienced,
not a problem to be solved*

-Winnie the Pooh



BIRTHDAY

Nutrition Facts

Serving Size	1 Awesome Person
	%Daily Value*
Birthday Wishes	100%
Happiness	100%
Hugs and Kisses	100%
Surprises	100%
Gifts	100%
Family	100%
Friends	100%

* The % Daily Value is based on an awesome and full of laughter birthday party.



FEDERICO MONTELONGO CANO

Plant Operations Director

As we step into the New Year Freddy would like to introduce his department. Freddy and his team share a passion for excellence, collaboration, and innovation. They are committed to achieving exceptional results in addition to the new year, and keeping Desert Hills a Wonderful place.

Happy New Years!



SHELBY WALKER

BUSINESS OFFICE MANAGER

Happy New Year everyone. Looking forward to an amazing 2024. We had some wonderful holiday celebrations with the residents and staff. I want to thank everyone who came to our family Christmas Celebration, it was so special to see how happy our residents were to celebrate the holiday. The residents got to enjoy visiting with Santa and his helper, Christmas cards from River Springs Charter school 3rd graders, a Christmas performance from Girl Scout Troop 1738, and enjoy the wonderful music of violinist Brooksley Bishop. I enjoyed planning and celebrating this event with our residents; it reminded me why I love my job. Looking forward to seeing all the amazing events our new Life Enrichment Director Ariana has planned for the year. Also, I wanted to let families know that if anyone is needing any documentation for 2023 tax purposes regarding a resident, please feel free to reach out to me and I will be happy to get the documentation you will need. If anyone would also like to switch from mailed statements to emailed statements, please let me know and we can update that information.



PATTY S.

Desert Hills
associate
since
2012



MICHAEL S.

Desert Hills
associate
since
2021



SEAN C.

Desert Hills
associate
since
2023

Did you know?!

Did you know that Desert Hills hosts its very own Dementia Education & Connection Support Group? Our Dementia support group plays a crucial role in providing a supportive and empathetic community for individuals affected by dementia and their caregivers. The importance of these groups cannot be overstated, as they offer a safe space for participants to share their experiences, challenges, and emotions associated with dementia. Through mutual understanding and shared experiences, members of our group find solace, encouragement, and practical advice, fostering a sense of belonging and reducing feelings of isolation. The exchange of information and coping strategies within these groups not only empowers individuals but also equips caregivers with valuable insights and resources. Additionally, our support group contributes to raising awareness about dementia, reducing stigma, and promoting a compassionate society that recognizes the unique needs of those living with this condition. Overall, our support group serves as a vital pillar of emotional, social, and educational support, enhancing the overall well-being of those affected by dementia and promoting a more inclusive and informed community.



Darci Marquette

Community Relations Director

Dementia Education & Connection
Second Wednesday of the month @ 6:00 p.m.
(next meeting February 14, 2024)
Open to the public and FREE to attend
Light refreshments provided



*Our Education & Connection Group is designed to help educate and support loved ones and caregivers of a person living with dementia. We appreciate your cooperation in not allowing those living with dementia to be in attendance, as it can sometimes hinder discussion and sharing. For your convenience, our community offers complimentary respite care for your loved one during each group session.

We look forward to seeing you!



In our dietary department we are constantly thinking of ways to provide beneficial and delicious foods for our residents at Desert Hills. One way we do this is by including walnuts in our residents' meals. Not only are walnuts a great addition to a salad or dessert, but studies discovered that walnuts may help slow down the progression of Alzheimer's disease, as well as delay its onset. This is mainly due to their antioxidant properties, reduced oxidative stress or cell death, as well as being the only nut that contains polyunsaturated fat that acts as an anti-inflammatory agent. So why not include walnuts in your food as well?

GABRIELLE "BRIE" WILLIS
Dining Services Director

06

HEY.
HI.
HELLO.

My Goal is always to create a sense of belonging and purpose for our seniors, family and friends.

I'm passionate and dedicated to providing meaningful experiences for our beloved residents. From dance parties that got everyone's toes tapping to arts and crafts sessions that bring out their inner Picasso, there is never a dull moment. Seeing the smiles on people's faces, hearing their laughter and witnessing the friendships that blossomed make my day!

SEE
YOU
SOON.



ARIANA MIRANDA
LIFE ENRICHMENT DIRECTOR

FRIENDLY REMINDER

TO DRINK WATER AND STAY HYDRATED

3 THINGS YOU MAY NOT KNOW ABOUT WATER

- ✓ Water makes up about 60% of your body
- ✓ Water Supports the function of your organs
- ✓ Water helps boost alertness and support brain function

Phone (951) 652-1837 Fax (951) 658-2567
LIC#: 331880722
ArianaBM@cascadeliving.com

DESERT HILLS
MEMORY CARE CENTER

LOCATED IN BEAUTIFUL HEMET, CA, DESERT HILLS MEMORY CARE CENTER IS KNOWN THROUGHOUT THE AREA (AND BEYOND) FOR PROVIDING EXCEPTIONAL CARE AND PROGRAMMING FOR THOSE LIVING WITH ALZHEIMER'S OR OTHER DEMENTIAS. NESTLED IN A QUIET NEIGHBORHOOD WITH LANDSCAPED GROUNDS THAT HIGHLIGHT THE COMMUNITY'S SOUTHWESTERN STYLE, DESERT HILLS IS A MEMORY CARE COMMUNITY WHERE RESIDENTS, FAMILY AND CARE PARTNERS FEEL VALUED AND LOVED.

THINGS TO DO NEAR US

WESTERN SCIENCE CENTER

2345 SEARL PARKWAY
HEMET, CA 92543

ESTADILLO MANSION

150 S. DILLON AVE.
SAN JACINTO, CA 92583

25818 COLUMBIA ST.
HEMET, CA 92544

ArianaBM@cascadeliving.com

DESERT HILLS

2024

RESIDENT COUNCIL MEETING

JOIN US

Hello everyone!

I invite you all to join us for a resident council meeting. This will not only be delicious refreshments but a great opportunity to come together and discuss various activities along with up coming events.

1:00PM THURSDAY FEB. 29TH

LIC#: 331880722
ArianaBM@cascadeliving.com

FITNESS WITH SUE
Senior Fitness

NO PAIN NO GAIN

**FEB. 9TH
FEB. 23RD**

HERE DESERT 10:30AM HILLS

Desert Hills Memory Care Center

Phone (951) 652-1837 Fax (951) 658-2567
LIC#: 331880722
ArianaBM@cascadeliving.com

Walking Club

WALK FOR THE APPRECIATION OF LIFE

Every Wednesday

Gathering at 10:30 a.m.

Desert Hills Patio

ArianaBM@cascadeliving.com
LIC: 331880722

Night Owl Activities

Desert Hills understands some of you are more active during night.

Our LED is excited to announce our community will begin...

- 9:00 pm Cards
- 9:30 pm Sketch Drawing
- 10:00 pm Movie
- 11:00 pm Crochet
- 11:30 pm Roll a Topic
- 12:00 am Aromatherapy

A night owl is the opposite of an early bird.

- Ariana

Take a trip down memory lane with some of our wonderful residents!

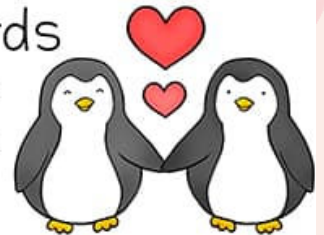
JOIN IN ON SOME FEBRUARY

National Day's

- Feb. 1st Dark Chocolate Day
- Feb. 2nd Bubble Gum Day
- Feb. 3rd Carrot Cake Day
- Feb. 9th Pizza Day
- Feb. 13th Tortellini Day
- Feb. 16th Caregiver Day

Valentine Words

adore	honey	dear
February	admire	love
friend	special	hug



o l a d f i d e a r
 c a f h e v e k u h
 r i a j b y a l a o
 g c t f r i e n d n
 p e r a u q u t o n
 s p m n a c l o r y
 z s b o r d o t e g
 h o n e y d v e g u
 w a d m i r e s e h



LET'S CELEBRATE

VALENTINE'S DAY



We are thrilled to announce that we will be hosting a delightful Sweethearts Dinner and dance in February! Mark your calendars and stay tuned for more, as we'll be revealing exciting information very soon with more details.

Desert Hills Memory Care Center
Phone: (951) 652 - 1837 Fax: (951) 658 - 2567
25818 Columbia Street Hemet, CA 92544
LIC: 331880722