



A Monthly Newsletter for the Families and Friends of Irvine Cottages

A Message from Executive Director Alex Valle, December 2019

Cottage Reminders

Hello, Dear Irvine Cottages Families,

I can't believe it's Christmas time again! We are all so excited for all of our residents and caregivers to be able to enjoy the most wonderful time of the year, where all is about love, family and children. It doesn't matter what food we eat, what gifts we receive but being able to enjoy and spend time with loved ones!

Residents will enjoy a Christmas dinner served in their cottage on Christmas Day, please stop by and celebrate with your loved one. Please let your house manager know if you plan to stay for dinner and please bring a dish to share with everyone.

A big thank you to the families who have already contributed to the Employee Christmas Bonus Fund, we really appreciate your generosity and kindness. at this time of year Please see details about the fund at the end of this newsletter. Please let Michelle know if you haven't received a letter & we will send another one out to you.

Happy Holidays and all the best for the holiday season!

Warm regards,

Alex Valle

- Please remember to bring in warm clothing for your loved one. Colder temperatures are here and we want our residents to be comfortable.
- Please remember to label all items
- Please remember to check your loved ones incontinency supplies if you provide them and also their personal hygiene products. Please label.

Cottage Training

Holiday Happenings at Irvine Cottages

During the month of December, residents will enjoy Christmas Carols and Hot Chocolate.

Residents will take part in a festive Holiday Photo Booth.

Join us in wearing Christmas Sweaters on "Ugly Sweater Fridays"

December 25th - Christmas Day Lunch in each cottage.

December 22nd - 30th. For our residents who celebrate Hanukkah, we will light the Menorah.

December 31st - New Year's Eve, residents will enjoy a special dinner with a glass of Sparkling Apple Cider to ring in the New Year!



Training is always ongoing at the cottages. Staff will continue to receive training on Incontinency Care, Communication, Warm Washcloth Therapy, Redirection, Safe transfers and the use of Gait belts..

Thanksgiving Celebrations at the Cottages



All of us at Irvine Cottages hope that everyone had a happy and blessed Thanksgiving!
Residents and staff gathered on Thanksgiving to be thankful for what we have, for the family we love, the friends we cherish, and for the blessings that will come.



9 Fun Facts about Thanksgiving...Did you know?

As the marching bands prepared to take to the streets of New York as part of the Thanksgiving Day Parade, we thought you might like a few fun facts about Thanksgiving!

Do you know what was served at the first Thanksgiving? How about how many calories are consumed on average on Thanksgiving Day?

Here are nine fun facts about Thanksgiving to share.

The first Thanksgiving was celebrated in 1621 over a three-day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present.

Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).

Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote "Mary Had A Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.

The history of U.S. presidents pardoning turkeys is patchy. Harry Truman is often credited with being the first president to pardon a turkey, but that's not quite true. He was the first to receive a ceremonial turkey from the National Turkey Federation – and he had it for dinner. John F. Kennedy was the first to let a Thanksgiving turkey go, followed by Richard Nixon who sent his turkey to a petting zoo.

George H.W. Bush is the president who formalized the turkey pardoning tradition in 1989.

There are four towns in the United States named "Turkey." They can be found in Arizona, Texas, Louisiana, and North Carolina.

The average number of calories consumed on Thanksgiving is 4,500.

Butterball answers more than 100,000 turkey-cooking questions via their Butterball Turkey Hotline each November and December.

The tradition of football on Thanksgiving began in 1876 with a game between Yale and Princeton. The first NFL games were played on Thanksgiving in 1920.

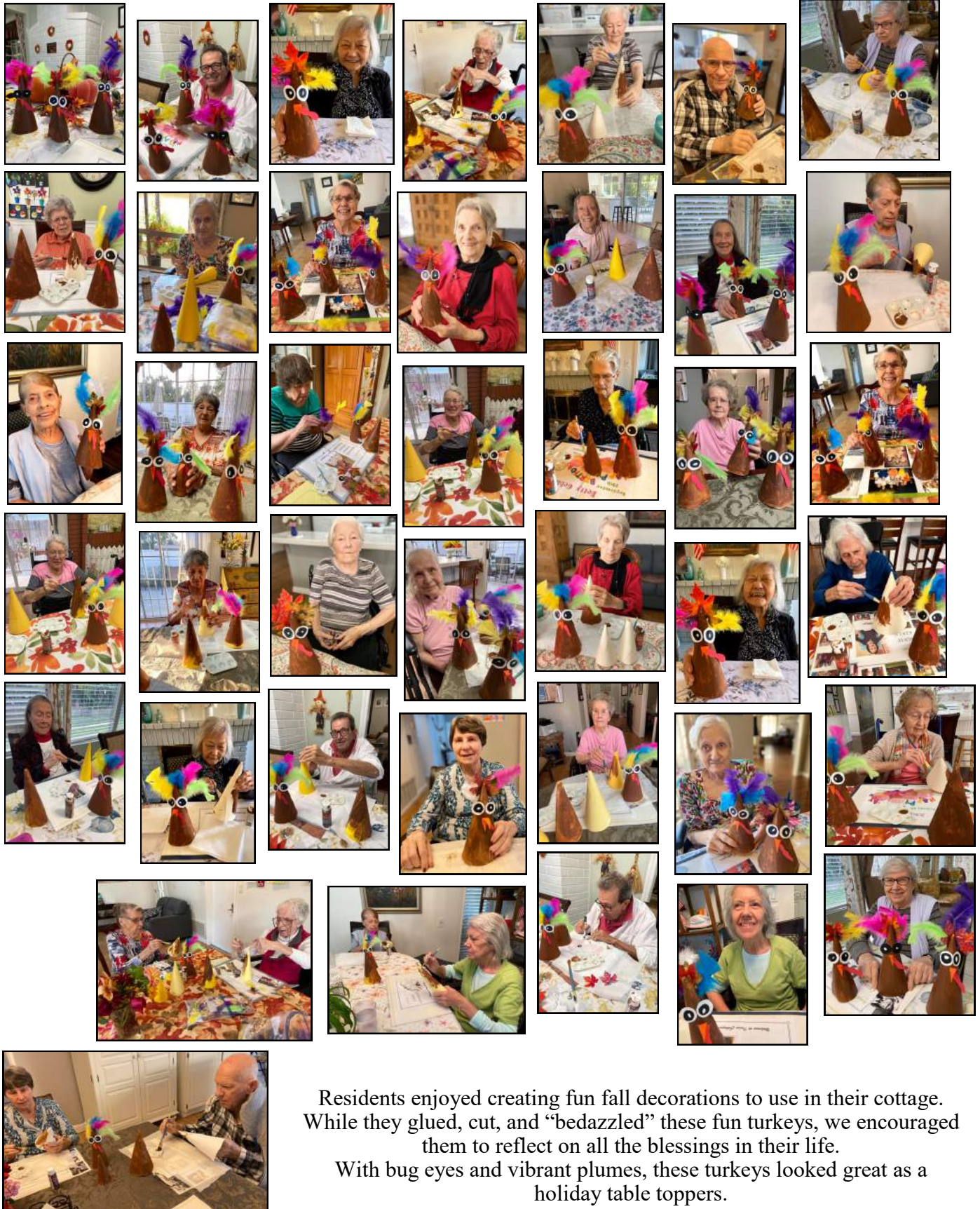
More than 55.3 million Americans are expected to travel during the Thanksgiving holiday this year.

Congratulations Cottage 7

Congratulations to the staff and residents at Irvine Cottage 7 for a perfect State Licensing Survey. 100% with no deficiencies! We thank the caregiving staff; Bing Ojie, Rey and Lolita for their hard work, loyalty and compassion to our residents!

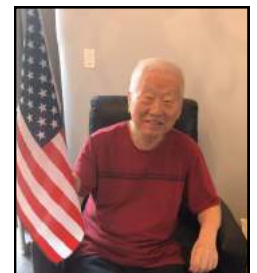
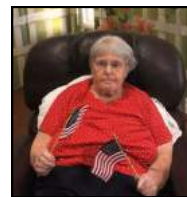


Thanksgiving Turkey Crafts and Activities



Residents enjoyed creating fun fall decorations to use in their cottage. While they glued, cut, and “bedazzled” these fun turkeys, we encouraged them to reflect on all the blessings in their life. With bug eyes and vibrant plumes, these turkeys looked great as a holiday table toppers.

Celebrating Veterans at Irvine Cottages



Hanukah, the “Festival of Lights” December 22nd - 30th.



Hanukkah is the Jewish holiday which celebrates the victory of the Maccabees over the larger Syrian army. It also celebrates a miracle that happened during this time, where just a day's supply of oil allowed the menorah in the rededicated Temple in Jerusalem to remain lit for eight days.

The seven lamps allude to the branches of human knowledge, **represented** by the six lamps inclined inwards towards, and symbolically guided by, the light of God **represented** by the central lamp. The **menorah** also symbolizes the creation in seven days, with the center light **representing** the Sabbath.

The central feature of the observance of **Hanukkah** is the nightly lighting of the Chanukiah or menorah, an eight-branched candelabra with a place for a ninth candle, the shammes, used to light the others.

In observance of this Holiday, some Cottages will light the Menorah for residents to celebrate Hanukah.



Resident December Birthday's

Happy Birthday to all of our residents who will celebrate birthdays in the month of December. All residents receive a card, a gift and a cake on their birthday. Please call Activity Coordinator Dairwil at (714) 618-0523 for details about birthday parties at the cottages or if you want to plan something for your loved one on their special day.



December Birthdays

December 13th ~ Doris Crawford

December 24th ~ Gloria Hansen

December 26th ~ Lila Boyd



All employees were given the fun challenge of creating a poster that shows all the positive ways that we can "respect elders" and "show respect" towards elders.

Thank you to all the employees who participated and to all the families who voted!

Congratulations to our 3 winners!

"What is respect for Older adults?:"

1st Place

Elinore Lagman—Cottage 3

2nd Place

Michelle Nesbitt—Office Manager

3rd Place

Marie Regala—Cottage 2

Thank you to everyone who participated!

Next Poster Contest topic is:

ACCOUNTABILITY AND WHAT DOES THAT MEAN TO YOU AT WORK,
WHAT DOES IT MEAN FOR OUR RESIDENTS AND OUR CO-WORKERS?"

Good Luck Everyone!

IRVINE COTTAGES GINGERBREAD HOUSE DECORATING CONTEST

In the spirit of Christmas,
Irvine Cottages will be holding a
Gingerbread House Decorating Contest.

Decorate your gingerbread house and showcase your
intricate tasty creations in this fun Christmas Contest!

Every home will
participate in this
Cottage Activity!

Engage your
residents in this fun
activity & take
photos to win
a prize.

Submit your photos
to 949-463-5075
before December
19th to enter!



Good Luck and Have Fun!



Irvine Cottages Christmas Day Lunch Menu

**Homes will celebrate Christmas day in their
cottages on Christmas Day**

**Please let your house manager know if you plan
on joining in the celebrations with
your loved one, please bring their favorite dish to share!**

**Residents will be served Turkey and Ham
with all the fixings and delicious dessert!**

Noon

Roast Turkey and Baked Ham

Potato Dishes

Green Bean Casserole

Vegetables

Cranberry Sauce

Stuffing and Gravy

Dessert



*Friendly Reminder.....
Dear Families, please be on the look out for this letter in the mail.
Thank you for your donations.*

The wonderful employees of Irvine Cottages work very hard to take excellent care of your loved ones all year long. They take a great deal of pride in their work too. This holiday time of year is the one time when you are permitted to express your appreciation for all their efforts.

The policy of Irvine Cottages is “NO TIPPING” – employees are not permitted to accept any gratuity for their service. Known acceptance by any employee of a tip is grounds for immediate dismissal. Please be advised that even during the holiday season we do not want you to make direct contributions to any employee.

The EMPLOYEE HOLIDAY FUND is the time of year when this policy is waived. It is an opportunity for you to express your appreciation to those employees who serve you throughout the year. Funds are distributed privately in a very fair manner – remembering that there are many employees (such as late nights, weekends etc.) whom you may never even see but contribute to your loved ones comfort. Only care staff receive this contribution.

We know we are in hard economic times and any gift amount is appreciated! Some residents choose to give \$1.00 per day for a total of \$365.00. This is a guide only. A recommendation of \$50 - \$500 range is suggested as a possible contribution. Please use your conscience and financial status to determine your decision. Remember, this is the only time of your year you can show your true appreciation to our staff for jobs extremely well done! They really love the bonus and feel beyond grateful for your generosity and kindness.

Contributions are confidential and may be mailed to our office administrator:
Michelle Nesbitt: P.O. Box 3168, Dana Point CA 92629

Payable to **CASH (Or Michelle Nesbitt)** - Please **not** to DuPont Residential Care as this is a separate fund. All cash contributions should be placed in the enclosed envelope. The deadline for contributions will be December 17th and the funds will be distributed to the employees before the holidays.

Please do not hesitate to contact Michelle at michelle.nesbitt@irvinecottages.com, supernez@aol.com or (949) 463 -5075 (message or text) if you have any questions. Thank you for remembering all the staff at Irvine Cottages!

Sincerely,

Alex Valle, Irvine Cottages Staff and Administration



PARDON OUR DUST...

IMPROVE WE MUST!

Please ignore our mess as we continue to paint and update some of our cottages.

During the month of December, for safety, we will continue to focus on dryer lint maintenance, cleaning and removing lint in all homes.

We are excited to announce that Irvine Cottages has once again been selected as a Caring Star of 2020 - 5 Star Award!

Congratulations to our wonderful Residents, Families, and Staff on this very impressive award from Caring.com. A five-star award indicates that care has been rated as five stars by numerous residents and families. Thank you to everyone who rated us! Thank you to our wonderful staff who work so hard to provide a kind and loving environment!



STAY CONNECTED:
FOLLOW US ON FACEBOOK?
Irvine Cottages Memory Care @ Irvine Cottages
FOLLOW US ON INSTAGRAM TOO!
@Irvcottages

Management Team

Alejandra Valle LVN,
Executive Director

Rachel Dupont
General Manager - Safety and
Quality Assurance

Michelle Nesbitt
Office Manager &
Administration

Kimberly Walters
Director of Resident & Family
Services

Gertrudes Tizon
Staffing Manager

Dairwil Manapsal
Activities & Memory Games

Concerns

If you or a family member ever have any concerns about the care your loved one is receiving, please feel free to call Alex at 949-533-1136



Welcome to the Irvine Cottages family: Alfred, Jean and Shirley who have recently moved into Irvine Cottages. We are very happy to meet you all.

P.O. Box 3168, Dana Point CA 92629
(949) 533-5938 Fax (949) 443-4297
RCFE #: 306900437, 306000535, 306000655, 306500736, 306001104, 306001887,
306003824, 306004242. 306003826, 306004029, 306004723, 306004724

Irvinecottages.com
Editor: Michelle Nesbitt

