



A Monthly Newsletter for the Families and Friends of Irvine Cottages

A Message from Executive Director
Alex Valle, May 2020

Hello Irvine Cottages and families,

May is here, we have celebrated the following celebrations so far: Cinco de Mayo, Mother's Day and next is Memorial Day!

Cinco de Mayo was filled with small celebrations in each cottage where music and delicious Mexican food was enjoyed by the residents! On Mother's day, our special mothers and grandmothers enjoyed a lunch with their house mates and received a special gift. Residents of Irvine Cottages had a wonderful day interacting with staff and remembering great memories.

We are still exercising caution with COVID-19 precautions. We are mandated by the State to follow strict policies and we are still unable to allow visitors. We thank you for your patience and are focusing on resident safety at this time. We encourage everyone to stay home as much as they can, keep a safe distance, clean and disinfect frequently touched objects and surfaces daily, cover mouths and noses with a mask when around others and working, avoid close contact with people who are sick, clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.

Dairwil is still assisting residents and families to communicate via Facetime calls, we understand this is not the same as an actual visit but under the circumstances we are glad we can do this and they are proving to be a big hit. Please contact Dairwil if you would like to Facetime with your loved one at (714) 618-0523, these are a big hit.

Memorial Day will be a day to honor the men and women who have died in the service of our country. We thank them for their service!

Alex

Cottage Reminders

Please check with your House Manager regarding all needed incontinency and personal hygiene supplies for your loved one. We will need them to be left by the front door for a member of staff to bring them inside. Please label.

Training

During the month of May, staff will receive training via Zoom with Care Choices Hospice, Director of Quality Assurance, Teri Levin, RN on COVID 19.

Thank you

Thank you to Farrah and her team at Making Masks Central OC for gifting us these handmade masks for us! We appreciate your labor of love during this time we're in right now. Our staff thank you so much!



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Irvine Cottages May Birthday's



Happy Birthday to all of our residents who will celebrate birthdays in the month of May. All residents receive a card, a gift and a cake on their birthday. Please call 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.

May Birthdays

May 1st ~ Elo Parks

May 5th ~ Charlene Buhlman

May 9th ~ Maggie Borda

May 13th ~ Laura Lee Dawson

May 14th ~ Mary Jane Nelson

May 15th ~ Deanna Shirie

May 16th ~ David Marquis

Cottage Activities

Balloon Volleyball is a fun game for Seniors! Cottage 7 residents enjoyed a fun game. Trying to keep the balloon in the air while sitting in chairs is a great activity for improving balance, reflexes, strength, and even cardio function. Plus, it's silly and fun!



Residents enjoy time watering the plants outdoors and in the garden. There are many benefits of gardening for seniors. Spending time in the garden can increase levels of physical activity and can help mobility and flexibility. It also encourages use of all motor skills, improves endurance and strength.



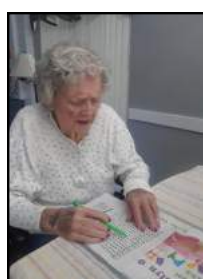
May is all about Cottage Activities!

All staff are encouraged to host activities, play games and sing karaoke every day! We also hope that all staff will get 100% participation of all the residents in their cottage. Each home has Magnetic Lap Bingo games and these are a huge favorite and residents like to play for candy prizes. Ring toss, is popular along with dominoes, Rummikub, Connect 4, chess and checkers.



Math games and word games are not only fun, but they can also provide seniors with health benefits. These games can help keep memory sharp, reduce stress and improve concentration. Residents enjoy daily games in their cottage!

Residents enjoy fun competitive games with their housemates, not only is Rummikub a fun game to play, it's also great for the brain. Working memory – while the move described above sounds simple enough, it does get a lot more complicated if you can see the patterns. It takes some serious working memory skills to rearrange the tiles in your head so that no tile is left behind on its own. Focus - if you are not paying attention to the moves on the board, you'll miss opportunities to get rid of your tiles.



Sudoku, word searches and crossword puzzles are not only fun, but they can also provide seniors with health benefits. Puzzles can help reduce stress, keep their memory sharp and improve concentration. They can also help make senior life easier by improving performance of daily tasks.

Baking has many benefits; it can reduce stress, stimulate senses, stimulate appetite, maintain a sense of independence and encourage creativity. It's also a fun activity with a delicious result. Cottage 3 resident Juliana enjoys helping to bake for her house mates!





Playing bingo has multiple health benefits for the elderly. It takes concentration - which improves listening and short term memory skills and it promotes socialization - which is essential for seniors to maintain a happy and healthy lifestyle.

Cottage 5 and Cottage 7 residents take their games of Bingo very seriously while sharing lots of fun and laughter!



Janet at Irvine Cottage 5 enjoys helping caregivers with some easy house hold chores especially folding clothes. For many seniors, losing the ability to engage in some of their usual household activities may lead to feelings of low self-esteem and a loss of energy.

Laundry is a great popular task for seniors, and those who have difficulty standing for long periods or problems with balance can sit at a table and fold clothes and towels.

In addition to the physical exercise attained through common household tasks, completing these tasks can give our residents a sense of purpose and accomplishment, thus contributing to both physical and mental health.



Cottage 9 resident Jeany enjoys passing the time putting puzzles together. There are many benefits of jigsaw puzzles for adults, especially for seniors living with Alzheimer's disease or another form of memory loss, jigsaw puzzles help the brain in more ways than one.

Piecing together a jigsaw puzzle is excellent exercise for the brain, seniors living with Alzheimer's need to participate in various activities that stimulate cognitive functioning. Puzzles not only get the brain working, but allow for social opportunities between loved ones and caregivers and create positive emotional connections.

Exercise is great for seniors! Simple aerobic exercise and stretching with resistance bands can improve strength, improve balance, can give you more energy, can help improve mood and fight off depression. Cottage 7 residents enjoy their little indoor exercise class every day!



When the sun comes out, everyone enjoys being outdoors. Days and time throughout the weekend are spent outside in the backyard and on the patio.

This can lift everyone's spirits, strengthen immune function, keep Vitamin D levels healthy, give their energy a jolt, boost overall health and enhance the relationships with their housemates.





Cinco de Mayo Celebrations

Lets taco bout how Irvine Cottages Shell-ebrated Cinco - De Mayo!
Residents celebrated and enjoyed a meal for the Mexican holiday prepared by staff consisting of enchiladas, tacos and/or burritos, salad along with flan and other desserts.



COVID-19 ~ How to Protect Yourself & Others

The best way to prevent illness is to avoid being exposed to this virus.



Everyone should:

WASH YOUR HANDS OFTEN

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

AVOID CLOSE CONTACT

- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home.
- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms' length) from other people.
- Do not gather in groups.
- Stay out of crowded places and avoid mass gatherings.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

COVER YOUR MOUTH AND NOSE WITH A CLOTH FACE COVER WHEN AROUND OTHERS

You could spread COVID-19 to others even if you do not feel sick.

- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
- The cloth face cover is meant to protect other people in case you are infected.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

CLEAN AND DISINFECT

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.

Management Team

Alejandra Valle LVN,
Executive Director

Rachel Dupont
General Manager ~ Quality
and Safety Assurance

Michelle Nesbitt
Staffing Manager, Purchasing &
RCFE Administrator

Kimberly Walters
Director of Resident & Family
Services

Gertrudes Tizon
Purchasing

Dairwil Manapsal
Activity Coordinator

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: George,
Marian, Mary and Roxana
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

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on Instagram at @Irvcottages Newsletter by Michelle Nesbitt

