

## A Monthly Newsletter for the Families and Friends of Irvine Cottages



### A Message from Executive Director Alex Valle , October 2019

Hello Irvine Cottages families and friends,

We hope you all enjoyed the month of September and welcome Fall! October is a busy month for our residents, they are looking forward to outings to the pumpkin patch and other fun activities for

Halloween! They will be helping to decorate the cottages with Halloween decor and will also be baking and decorating cupcakes. Please join in the fun to meet your love ones at the pumpkin patch or to decorate cupcakes at the cottage!

We will be continuing with our training this month, including many important topics such as Safe Transfers, wheelchair safety, Activities & Exercise and the use of Warm Washcloth Therapy before all meals. September was a busy month for training, Fire Safety training was done at the end of the month and will be ongoing to ensure that staff are prepared to assist your loved ones in the case of a fire emergency.

Thank you and have a fabulous and spooky Halloween!

### Cottage Reminders

Please bring in all needed incontinency and personal hygiene supplies for your loved one.

Please remember to bring in some warmer clothing for your loved ones, sweaters, pats, socks etc.

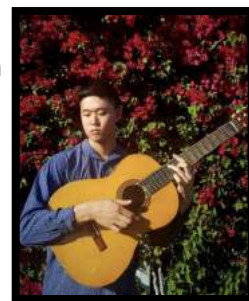
Please label all items.

### Training

Training is ongoing at Irvine Cottages, during the month of October staff will continue to receive training on safe transfers, safe wheelchair use and transfers, exercise, activities and warm washcloth therapy!

### Welcome Yechan Song

We are happy to introduce our new Music performer Yechan Song. Yechan is a jazz & soul guitarist, singer, and songwriter. He has performed for senior citizens many times in the past and can also play the piano. Yechan was born in South Korea, raised in Kyrgyzstan, and came to California, USA in high school. A soulful singer-songwriter and guitarist, Yechan's voice is described as angelic-melancholy and he has been compared to Michael Buble. Yechan began playing guitar and singing in Jr. High and has continued ever since. He started his performance experience with churches and a volunteer organization in which he traveled to multiple countries (Turkey, Greece, Spain, China, etc.) performing for various groups including refugees and village people. During college, he performed in Bola's Gospel Choir. Some notable venues he has performed at include Angel Stadium, OC Fair, and Campus Jax. He is also an advocate for mental health as he has performed for NAMI (National Alliance on Mental Health) at their Mental Health Walk and for events hosted by the Wellness Center. Many of his original songs are also inspired by issues regarding mental health. Welcome to the Irvine Cottages Family Yechan! Please say hi to Yechan if you see him performing for your loved one!



## Fun Outing Photos



## October Outings to the Pumpkin Patch

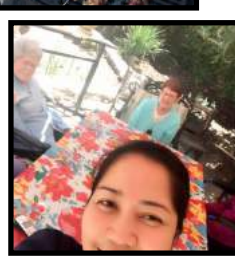
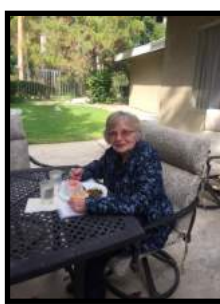
During the month of October, residents will enjoy a special outing to the Pumpkin Patch.



Contact Gina at 949-633-1595 to see if your loved one will be attending and also if you'd like to accompany them.



# Irvine Cottages Summer BBQ Fun!



We're not here to scream Boo!  
Or do anything mean.  
Irvine Cottages just wants to wish  
you...  
**A HAPPY HALLOWEEN!**  
Spiders, Bats... Black Cats and  
more....  
Let's see what Halloween has in store!



# Happy Halloween



Residents and Staff will hand out Halloween  
Candy to all our little visitors on Halloween night.  
October 31st

## IRVINE COTTAGES ANNUAL HALLOWEEN CONTEST



On October 31<sup>st</sup>  
Each Cottage is encouraged to  
enter for:

**Best Decorated Cottage**

1<sup>st</sup> Place prize

2<sup>nd</sup> Place prize

3<sup>rd</sup> Place prize

**SPOOKTACULAR  
PRIZES UP FOR  
GRABS!**

# September Pie Month!

September was Pie month at Irvine Cottages. Residents enjoyed many delicious flavors of pies!



# Irvine Cottages Birthday's

Happy Birthday to all of our residents who will celebrate birthdays in the month of October. All residents receive a card, a gift and a cake on their birthday. Please call Gina at (949) 633-1595 for details about birthday parties at the cottages or if you want to plan something for your loved one on their special day.



## October Birthdays

October 5th ~ Shih Cheng Yu

October 8th ~ Donna Spencer

October 8th ~ Maria McCown

October 13th ~ Barbara Jean Jones

October 15th ~ Pinky Altstadt

October 16th ~ Theresa Garcia

October 18th ~ Juliana Pontillas

October 31st ~ Sharon O'Brien

All of us at Irvine Cottages are grateful for our Irvine Cottages residents and their families. Thank you for this wonderful review and also on Facebook of Irvine Cottage 1

Alex Valle and Staff:

I want to thank all of you for taking such good care of my mother Bryna. As you may not have known, over the past two years as my mother has descended deeper into dementia, I have had her in over five 'care' facilities. It has not been easy for mom, as she is also mostly blind from Macular Degeneration and her disease has made her afraid of everything. Not knowing where to turn for help anymore, I wrote an email to Dr. Dupont, who I had heard of through another facility and the Alzheimer's Association of Orange County. She called me within 20 minutes of my email to discuss mom and our situation. This was around Christmas time and as I thought everyone would be celebrating the holidays, I did not expect help to come anytime soon. I told Dr. Dupont that mom was in a facility that left her in a large room where she kept repeating "I'm scared, I'm scared". It broke my heart. Additionally, mom is diabetic and they were not giving mom her medicine and had been feeding her all the wrong diet. Dr. Dupont told me she would have Kim call me and arrange a meeting -- even though it was a couple of days before Christmas. Christmas came right on time for me and mom. You and your staff had mom moved into one of your Irvine Cottages - at Christmas time - and everyone set about making mom comfortable, safe, and feel secure.

Mom has been in Irvine Cottages for over six months now and all of your staff have treated her with patience and dignity! In particular, Alfred Ruvivar does a great job caring for mom and making her feel loved and secure. I rarely hear mom say that she is afraid now. As mom's dementia gets worse, I am not always sure that she knows who I am anymore, but her face lights up when she hears Alfred's voice. Thank you, thank you, thank you,,

Her loving daughter Jean

## Resident Spotlight—Young Ki Kim at Cottage 8

## Management Team



**Alejandra Valle** LVN,  
Executive Director

**Michelle Nesbitt**  
Office Manager &  
Administration

**Kimberly Walters**  
Director of Resident & Family  
Services

**Gertrudes Tizon**  
General Manager

**Dairwil Manapsal**  
Activities & Memory Games

**Patricia O'Neil**  
Bookkeeper

## 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 Berte who has recently moved into Irvine Cottage 2. We are very happy to meet you.

FOLLOW US ON FACEBOOK:  
Irvine Cottages Memory Care @Irvine Cottages  
FOLLOW US ON INSTAGRAM  
@Irvcottages



**PARDON OUR DUST...**

**IMPROVE WE MUST!**

Please ignore our mess as we paint & upgrade some cottage bathrooms.

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 ~ Facebook: @Irvine cottages  
Instagram: @Irvcottages

