



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

A Message from Executive Director  
Alex Valle, September 2019

Dear Irvine Cottages families and friends,

Happy September, as we say goodbye to Summer and enter into the first month of the Autumn and Fall season, we are still enjoying warm weather at the cottages and will be continuing patio time for our residents. Thank you to friends and family who joined their loved ones for BBQ's in August! Residents will still enjoy patio BBQ's and during September residents will celebrate Pie Month. Residents will enjoy different flavors of pie each week. September is the ninth month of the year in the Julian and Gregorian calendars, it is also the month where the football season begins, much to the happiness of some of our football loving residents. We hope everyone had a great Labor day, residents celebrated by spending some time outside. We look forward to continuing our summer activities and outings and also the fun crafts to help us get ready for the upcoming holidays!

Warm regards,  
Alex Valle, LVN

### Cottage Reminders

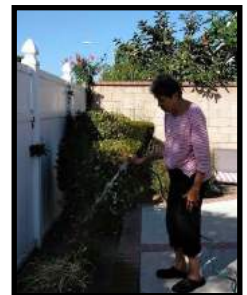
Please check with your house manager and bring in all needed incontinency and personal hygiene supplies for your loved one. Please label.

We still have warm temperatures but Fall weather will soon be here. Please remember to check that your loved one has clothing for cooler temperatures. Please label.

### Training

During the month of September staff will receive training on safe transfers, safe wheelchair use and transfers, exercise, activities and warm washcloth therapy!

Thank you to some of our residents who are enjoying gardening and watering their plants!



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## Irvine Cottages Birthday's

Happy Birthday to all of our residents who will celebrate birthdays in the month of September. 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.

### September Birthdays

September 29th ~ Bettie Johnson

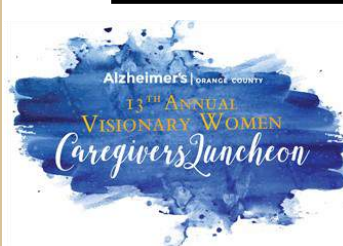
September 16th ~ Johanna Casey

September 19th ~ Betty Gebhard



## Alzheimer's ORANGE COUNTY

Each year, Alzheimer's Orange County honors caregivers who display extraordinary compassion in caring for those touched by Alzheimer's disease and related forms of dementia. Caregiver honorees are recognized for their commitment to compassionate care, which distinguishes them and inspires others. Guest speaker was actress Eva LaRue. Irvine Cottages was proud to be one of the sponsors of this event and congratulates all the worthy winners!



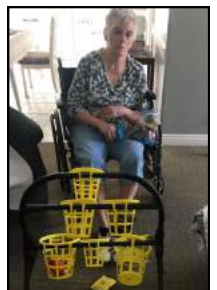
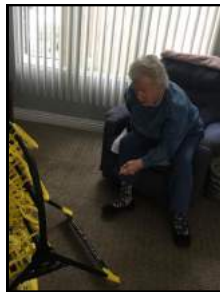


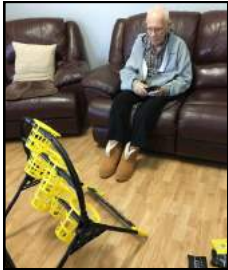
# Bean Bag Toss Activities

## Benefits of Using Bean Bags:

Because bean bags can't roll away, they may be less frustrating for the anyone with poor coordination skills. Catching and throwing a bean bag helps develop the skill of grasp and release. A bean bag will help develop the hand strength required for handling a ball too! Bean bag toss is another entertaining game that promotes light stretching and hand-eye coordination.

More importantly Bean Bag games are FUN!

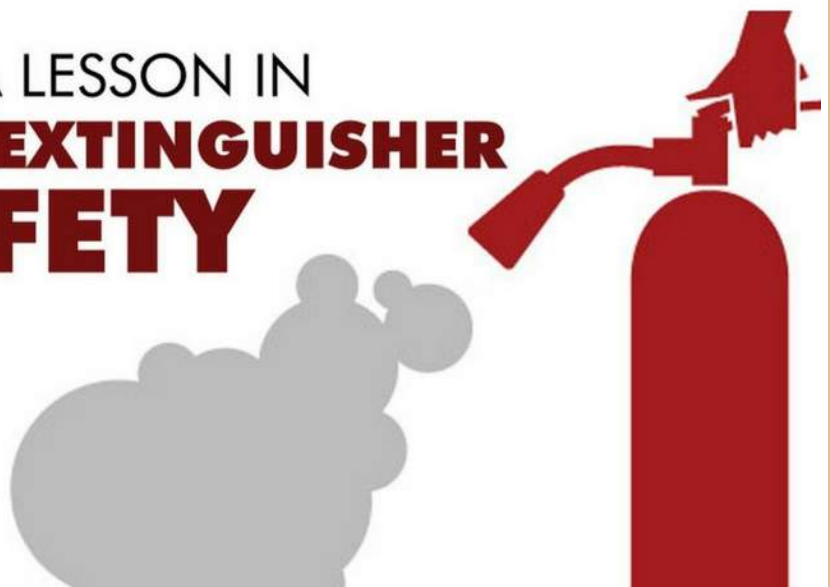




## More Cottage Bean Bag fun



## TAKE A LESSON IN **FIRE EXTINGUISHER SAFETY**



Having our employees trained to properly use a fire extinguisher is important. In fact, giving them confidence to react quickly during an emergency is a big part of our passion for helping them protect our residents and themselves. Over the past week, Irvine Cottages staff received hands-on training in their cottages with instructor Edward Bederov from Edison Fire Protection Company, Inc. He educated them on the basics of fire extinguisher locations, common fire hazards, proper procedures, training on P.A.S.S methods, safe evacuation routes, and more.







## HOW TO USE A FIRE EXTINGUISHER

**P  
A  
S  
S**



**Pull** the "pin" in the handle



**Aim** the "nozzle" of the base of the fire



**Squeeze** the lever slowly



**Sweep** from side to side





## Summer crafts ~ Flamingo Fun!

Residents enjoyed summer fun making colorful Flamingos.

### Fun facts about Flamingos!

Flamingos have a famous habit of standing on one leg. Scientists aren't certain, but they believe that flamingos can save more energy standing on one leg than on two. Their long and lanky legs have a special feature where they are able to "lock" their leg into place so it requires zero effort to stand.

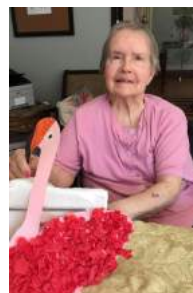
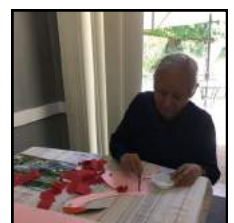
The pink, orange, or red color of a flamingo's feathers is caused by carotenoid pigments in their food. In zoos and aviaries, captive flamingos are often fed a specialized diet that will help preserve and enhance their unique coloration.

Adult flamingos are four to five feet tall, but only weigh between four and eight pounds. That's the kind of astonishing body density (or lack of) needed for flight. Flamingos tend to congregate in mudflats or lagoons, where they can find shallow saltwater prey.

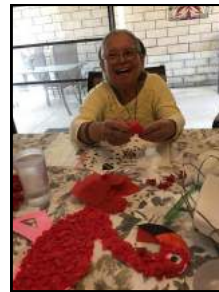
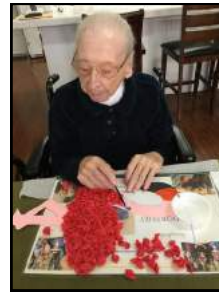
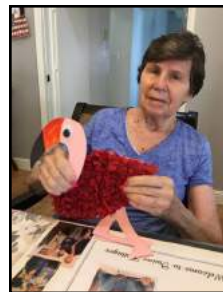
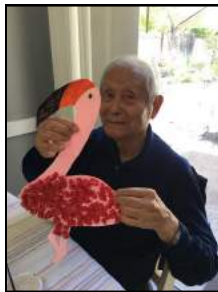
The word "flamingo" comes from the Spanish and Latin word "flamenco" which means fire, and refers to the bright color of the birds' feathers. Not all flamingos are brightly colored, however, and some of the birds are mostly gray or white. The strength of a flamingo's coloration comes from its diet. Younger birds also have less coloration.

When flying in a flock, the top speed of a flamingo can be as high as 35 miles per hour (56 kilometers per hour). They can seem ungainly or clumsy in flight, however, because their long necks stretch out in front of their bodies and their long legs dangle well past their short tails, giving them a wobbly appearance.

Flamingos hold their bent bills upside down while feeding, often for several hours a day, so they can filter out their food while skimming the water.







One more fun flamingo fact:

If the flamingo appears either in your waking life or in your dream, it means that you should release your emotions and let them be your guidance in life. Also, we can say that the flamingo may symbolize fun and relaxation. If this bird appears in your life, it means that it is time for fun. Our residents sure had fun decorating Flamingos!





# Resident Spotlight ~ September

## Maria McCown ~ Irvine Cottage 11

## Management Team

**Alejandra Valle** LVN,  
Executive Director

**Michelle Nesbitt**  
Office Manager &  
Administrator

**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



The highest compliment our families can give us is the referral of your friends and families. Give us a referral that places and we will give you a complimentary \$500 discount on your next monthly statement. Thank you for your trust.

**PARDON OUR DUST...  
IMPROVE WE MUST!**

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

Welcome to the Irvine Cottages family: Margie, Dr. Irene, Mary Jane, Janet and Donna who have recently moved into Irvine Cottages. We are very happy to meet you all.

P.O. Box 3168, Dana Point CA 92629  
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RCFE #: 306900437, 306000535, 306000655, 306500736, 306001104, 306001887,  
306003824, 306004242. 306003826, 306004029, 306004723, 306004724

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Editor: Michelle Nesbitt

