

# The Vineyards

CALIFORNIA ARMENIAN HOME

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RCFE#10040070 • PCOA #319

## Director's Corner

### A Message From the Lifestyles Director

Greetings everyone! I hope you are all well and practicing social distancing as we continue our fight against COVID-19 worldwide. Please know that we are doing everything in our power to keep all of our residents safe and healthy both physically and mentally while we navigate this with all of you. We hope that you have enjoyed the amazing California weather and utilized our Facetime with Family & Friends to connect with your loved ones. As always, if you need assistance, please let us know. We also have puzzles, trivia sheets, and other games available for you to check out. The Fitness Center, Mail Room, and Library are all open, but make sure there are only a maximum of two individuals inside these rooms. While we all quarantine and shelter in place, please take the time to connect with a loved one and see how they are doing. We also have numerous letters waiting for any resident that would be interested in our Pen Pal Program with the AssisTeens organization. As always, please continue to wear your face mask and always wash your hands. Together, we will get through this unprecedented time as one community.

June 2020



### Lifestyles Center Office Hours

Monday	8:00am-4:30pm
Tuesday	8:00am-4:30pm
Wednesday	8:00am-4:30pm
Thursday	8:00am-4:30pm
Friday	8:00am-4:30pm
Saturday	8:00am-4:30pm
Sunday	CLOSED





## Coping With Stress, Fear and Worry.

- **Stay informed—but don't obsessively check the news**

Stick to trustworthy sources and limit how often you check for updates. Step away from media and ask someone reliable to share important updates. Be careful what you share.

- **Focus on the things you can control**

Wash your hands frequently with soap and water or a hand sanitizer that contains at least 60% alcohol. Avoid touching your face. Stay at home as much as possible, even if you don't feel sick. Avoid crowds and gatherings of 10 or more people. Avoid all non-essential shopping and travel. Keep 6 feet of distance between yourself and others when out. Get plenty of sleep, which helps support your immune system.

- **Stay connected—even when physically isolated**

Make it a priority to stay in touch with friends and family. While in-person visits are limited, substitute video chatting if you're able. Social media can be a powerful tool but don't let coronavirus dominate every conversation.

- **Take care of your body and spirit**

Be kind to yourself. Take time out for activities you enjoy. Get out in nature, if possible. Find ways to exercise. Take up a relaxation practice.



## Ways To Drink More Water

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

*Make it part of your daily routine.* Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after exercise, and when taking medication.

*Pick a cup and fill 'er up!* An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

*Sip through a straw.* Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

*Find your favorite flavor.* If you don't like plain water or simply want some variety, enhance the flavor with a few fresh berries, some sliced fruit, a splash of juice, or sprigs of fresh herbs such as spearmint.

## 4 Ways to Stay Connected With Others

- **Schedule virtual visits with friends and family**

From free communication tools like Skype to Facetime, there are a lot of ways to see and catch up with family and friends without having to leave your apartment. When you're looking for a more simple solution, a quick phone call can also help lift spirits.

- **Play your favorite games online**

Whether you prefer cards or board games, it's easy to now play your favorite games online. You can also download apps on your phone to play games with others, like Words with Friends.

- **Join an online discussion group or book club**

Discussions groups found on sites like SeniorChatters offer a way for older adults to engage in different topics and discuss your favorite hobbies. If you're a reader, consider joining an online book club. Celadon Books shares their five favorite book clubs that you can join online.

- **Communicate the old fashioned way**

If you don't have access to smart phones or computers, consider sending a handwritten letter to a loved one instead. Letter writing can also be used to spread messages of hope. If you stop by the Lifestyles office, we can set you up with a pen pal locally and write to each other.



## Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the

sunlight. An individual banana is called a finger, and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure.



## U.S. Military Helmets Through History

A crucial piece of equipment for a soldier in battle is their helmet.

The U.S. Army first issued helmets when America entered World War I in 1917. Modeled after the British Army's Brodie helmet, the headgear resembled an upside-down metal bowl with a brim and chinstrap. The steel helmet helped protect the tops of soldiers' heads.

World War II soldiers wore the M1 helmet, which extended farther down the head and had a steel shell and adjustable liner, similar to construction hard hats. Its sturdiness prompted troops to nickname it the "steel pot." The M1 went on to be the standard-issue helmet during the Korean and Vietnam wars.

The invention of Kevlar led to the PASGT helmet, short for personal armor system for ground troops. Layers of puncture-resistant Kevlar provided a more lightweight shield for troops. Since 2003, U.S. ground forces have worn the ACH, or advanced combat helmet, but officials are continually testing new options.

## Directory

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### Move-In Coordinator

Rozlyn Holmes 835.0800

## June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Happy Birthday Kimi J.!	5	6
7	8	9	10	11	12 Happy Birthday Samuel E.!	13
14	15	16	17	18	19	20 Happy Birthday Wanda June T.!
21	22 Happy Birthday Elizabeth M.!	23	24	25 Happy Birthday Mary Ellen H.!	26 Happy Birthday Richard A.!	27
28	29	30	Happy Birthday to Our June Babies!			

