

The Vineyards

CALIFORNIA ARMENIAN HOME

6694 E Kings Canyon Road • Fresno, CA 93727 • (559) 835-0801
RCFE#10040070 • PCOA #319

Uplift and Inspire

Whether it's a kind word, helpful tip, high five or a hug, inspire those around you on the National Day of Encouragement, Sept. 12.

Let a Lazy Susan Work for You

Turn to a Lazy Susan to make reaching for items easier. Use the handy spinning turntables on a bedside table, bathroom counter or closet shelf so that you don't have to strain to get to what you need. Plus, they help keep spaces tidy.

Remember When: Afterschool Specials

When school was out, many kids got lessons in life by watching an ABC Afterschool Special. From 1972 to 1997, these hour-long programs aired on a weekday afternoon about once a month and dramatized issues such as bullying, drug abuse, illiteracy and divorce. Some episodes featured many of today's top actors, including Jodie Foster, Ben Affleck and Rob Lowe. The educational series won over 50 Daytime Emmy Awards in its 25 years on the air.

Commemorating 9/11

2021 marks the 20th anniversary of 9/11. Dedicated to honoring those who died on that tragic day, each Sept. 11 is observed as Patriot Day and a National Day of Service and Remembrance.

A Loving Legacy

"No matter what happens in life, be good to people. Being good to people is a wonderful legacy to leave behind." —Taylor Swift

September 2021



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



Time for Lunch

A quick break, usually around noon, lunch is a time to feed your body, rest your brain and recharge for the next part of your day. We've packed up some info about lunch in America and abroad.

- Why do we call it lunch? It's a short form of the word luncheon, which was used as far back as the 1500s to describe a light meal in between two bigger meals.
- The midday bite to eat became an essential and portable meal away from home during the Industrial Revolution of the 1800s. Workers needed the break to keep up with their long hours at factory jobs.
- In some countries, such as Brazil, Spain, Russia and Saudi Arabia, lunch is often the main meal of the day and may take place later in the afternoon.
- Sandwiches are standard lunch fare in America, England, France and the Netherlands.
- Serving about 5 billion meals to U.S. schoolkids every year, the National School Lunch Program was created in 1946.
- Mickey Mouse became the first licensed character to appear on a lunchbox back in 1935.



A Tip of the Hat

The Labor Day holiday is an annual salute to workers. In several occupations, the hat worn while on the job has become a recognizable part of the profession.

Hard hat. Due to the on-the-job dangers involved in trades such as construction, mining, and power line maintenance, hard hats are required safety gear. Inspired by metal helmets that protected soldiers in World War I, hard hats were invented in 1919.

Chef's hat. When it comes to cooking, the towering white hat that chefs wear is a toque, the French word for "hat." In the early days of the craft, the hat's height and number of pleats signified skill and rank.

Firefighter's helmet. The helmet worn by these first responders is a widely recognized symbol of the profession, representing bravery and honor.

Military covers. Those who serve in the armed forces wear a hat, called a cover, as part of the uniform of their branch. There are covers for service and formal dress uniforms as well as specialized ones used in combat.

The Buzz on Bee Species

They're some of the best-known pollinators, essential to helping crops and flowers grow. Here's the buzz about some common types of bees:

Honeybee. The world's most famous bee species, honeybees are prized for the sweet, golden honey they produce from nectar. To feed their hives, honeybees collect pollen in special "baskets" on their legs.

Bumblebee. Though larger and fuzzier than honeybees, bumblebees also live in groups and make honey, although not on a large enough scale for harvesting. Bumblebees move so quickly that they make a buzzing sound, which vibrates pollen off of flowers and onto their bodies.

Carpenter bee. A bit larger than bumblebees, carpenter bees are recognized by their smooth, mostly black bodies. They're sometimes considered pests because they drill holes and build nests in old wood.

Sweat bee. These tiny bees are attracted to salt found in perspiration, so they tend to buzz around people. Solitary and peaceful, they come in many colors, including metallic blue and green.





A Healthy Start to the Day

It's called the most important meal of the day, so fill up on these tips for a better breakfast.

A good breakfast kick-starts your day, providing energy and keeping your body fueled until lunchtime. The main nutrients needed to make this possible are protein and fiber. Complex carbohydrates and healthy fats round out a complete breakfast.

Eggs, cheese, yogurt, and nuts

are smart protein sources for breakfast time. For fiber and carbs, turn to fruits and vegetables, as well as whole grains, which take longer to digest and help you stay full. Whole-grain options include whole-wheat bread, oatmeal, and some cereals. Dairy products and nut butters will provide you with beneficial fats.

For a balanced breakfast, combine foods from each nutrient type. Try whole-wheat toast or an English muffin with peanut butter and sliced fruit; an omelet or scrambled eggs with cheese and veggies; oatmeal topped with fresh fruit, nuts and seeds; or a parfait or smoothie made with fruit and yogurt.

In Remembrance of 9/11

Described as "a tribute to the past and a place of hope for the future," the 9/11 Memorial in New York City honors all who lost their lives on Sept. 11, 2001.

Built on the site of the former World Trade Center complex, the memorial's focal points are two reflecting pools that sit where the north and south towers once stood. Water cascades 30 feet over the pools' black granite walls, creating massive waterfalls.

Inscribed on the bronze railings surrounding each pool are the names of the 2,983 victims of the 9/11 terror attacks and the Feb. 26, 1993, bombing of the World Trade Center.

A park with over 400 trees surrounds the memorial and includes a special symbol of resilience, the Survivor Tree. The damaged pear tree was found during the cleanup at ground zero and rehabilitated.

The memorial was dedicated in 2011, on the 10th anniversary of 9/11. In 2014, the underground 9/11 Memorial Museum opened and displays thousands of artifacts and multimedia exhibits.



Directory

Executive Director

Paul Rocha 835.0802

paulr@vineyardslife.org

Business Office Manager

Valerie Flores 835.0803

valerie@vineyardslife.org

Resident Services Specialist

Yvette Abrahamian 835.0801

yvettea@vineyardslife.org

Director of Assisted Living

Bianca Resendez 835.0813

biancar@vineyardslife.org

Memory Care Coordinator

Ashley Mendoza 835.0818

amendoza@armenianhome.net

Lifestyles Director

Lemuel Gaspar 835.0807

lemuelg@vineyardslife.org

Lifestyles Team

Sandra Singh 835.0817

sandras@vineyardslife.org

Johnny Romo 835.0808

johnnyr@vineyardslife.org

Executive Chef

Brian Kesanen 835.0814

briank@vineyardslife.org

Dining Services Manager

Kaitlynn Smith 835.0855

kaitlynns@vineyardslife.org

Housekeeping Supervisor

Miguel Padilla 251.8414

miguelp@armenianhome.net

Maintenance Supervisor

835.0801

Director of Sales & Marketing

Ren Ramshaw 835.0805

renr@vineyardslife.org

Sales Counselor

Isaac Antonio 835.0806

isaaca@vineyardslife.org

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Happy Birthday to Our September Babies!</i>			1 Wilbert R. Linda L.	2	3 Dorathy R.	4
5	6 Labor Day	7	8	9	10 Dolores W.	11 Clair R.
12	13	14	15	16	17 LaWanda F. Kay M.	18 Joseph N. Betty B.
19 Charles S.	20 Mary S.	21 Aletta P. Gladys K.	22	23	24	25 Cheryl S.
26	27 Margaret M.	28 Carolyn A. Ernest K.	29	30		

