

The Vineyards

CALIFORNIA ARMENIAN HOME

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Director's Corner

A Message From the Lifestyles Director

Greetings Vineyards residents! This past year has been filled with laughter, joy, sadness, frustrations, and at times confusion, but we got through it together. As we continue to live life through this pandemic, I'm reminded of how important human connection and interaction is everyday. A friendly "hello" in the hallway, brief conversations with people throughout the building, and reconnecting with those who have been dealing with life's twists and turns. The kindness of your smile, your laughter, and your positive attitude keeps all of us going. We thank you for continuing to navigate this pandemic with us, but we also want to express our gratitude for your kindness and support in understanding that we too are human. As we start the new year together, I want to encourage you to reach out to your loved ones, your friends, and the staff who have become family. Trust that we will do the same to make sure that you know we care about your well-being. On behalf of The Vineyards at The California Armenian Home, Happy New Year and may 2022 bring you all the joy that life can bring. Thank you for letting us into your lives and into your homes to celebrate life's little moments.

January 2022



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



A 'Cuppa' Trivia

Fill your favorite mug with your drink of choice and cozy up to these facts about hot beverages:

- Scientists say hot drinks have a strong psychological effect. In one experiment, people holding hot beverages were seen as friendlier than those with iced ones.
- Many people use the terms hot cocoa and hot chocolate interchangeably, but technically, cocoa is made with powder, while hot chocolate is made by melting bits of chocolate.
- Mulled drinks, like apple cider and the old-timey wassail, get an extra punch of flavor and fragrance from simmering in mulling spices, typically allspice, cinnamon, cloves and nutmeg.
- Many coffee drinks are made with espresso, steamed milk and frothed milk in different ratios. Treat yourself to one of the latest trends and order a breve—a rich, creamy latte that uses half-and-half instead of milk.
- Sipping a hot drink will warm you up, but did you also know it can help you cool off? The beverage boosts your body temperature enough to make you sweat, which cools you down.



Have a Fresh Citrus Experience

The zesty and refreshing citrus family is full of familiar fruits, including oranges, lemons, limes and grapefruits. But have you ever tried one of these lesser-known relatives?

Pomelo. The largest of all citrus fruits, pomelos have a light green rind and yellow or pink flesh. An ancestor of the grapefruit, the pomelo has a similar, yet sweeter, taste.

Tangelo. This easy-to-peel fruit is a cross between a sweet tangerine orange and either a pomelo or grapefruit. It's easily recognized by the knob at the top, giving it the nickname "honeybell."

Blood orange. Slice into this orange to discover a vibrant red interior, which tastes like a mix of raspberries and oranges.

Kumquat. Tiny and tart, kumquats can be eaten whole, like a grape. Since the skin and seeds are edible, a kumquat packs a powerful nutritional punch.

Finger lime. These dark green fruits are shaped like chili peppers, but have a surprise inside: delightfully tangy pearls that some foodies call "lime caviar."

What Is Sensory Therapy?

The human body's five major senses are easy to name—touch, sight, hearing, smell and taste—but the way they affect our overall well-being is anything but basic. That's why sensory therapy, a method of engaging one or more of the senses, has become common in health care.

Although anyone can benefit from sensory therapy, it's often used to relieve agitation in those with dementia. Providing meaningful objects can soothe an upset person or bring back a happy memory. For example, someone who loved to visit the beach may find comfort in playing with sand.

Stimulating the senses also boosts brain activity, so using finger paints, forming shapes with clay, and playing "guess the scent" games can be fun exercises for people with dementia. Tasks such as folding towels, sorting coins or shuffling cards have a similar effect while also giving folks a sense of purpose.

No matter who you are, focusing on a specific sense can calm a stressed-out mind. A soft blanket, gentle melody or soothing fragrance are classic relaxing techniques that also count as sensory therapy.





Be a Mentor

January is National Mentoring Month, the perfect time to consider becoming a mentor. Research shows that youths who are mentored have higher self-esteem and do better in school, often moving on to higher education. They also have a lower risk of engaging in risky behavior.

As a senior, you have experiences, knowledge and skills that are extremely valuable

to a young person. By sharing what you've learned, you can help your mentee solve problems and accomplish goals. You may even learn something new yourself!

The ultimate purpose of mentoring is to provide young people with a trusted adult who cares about them. You can be a safe person with whom a child or teenager can share their concerns as well as new and exciting things in their life.

Mentoring is often done through specific community programs, or you can find someone to mentor on your own. You are sure to find that mentoring is fun and beneficial for both of you!

Waking Up With 'Today'

Many folks start their day by drinking a cup of coffee while watching some feel-good morning news. "The Today Show" was the first TV series to offer this type of programming, and it celebrates its 70th anniversary this month.

Airing live every weekday morning from New York City's Rockefeller Plaza, "Today" takes an upbeat, relaxed approach to broadcasting, mixing the latest news headlines with longer human-interest stories, as well as reporting the weather and featuring celebrity interviews and musical performances.

"The Today Show" debuted Jan. 14, 1952, with Dave

Garroway as the lead anchor. Over the years, the series has launched the careers of journalists who became household names, including Barbara Walters, Hugh Downs, Tom Brokaw, Jane Pauley, Bryant Gumbel and Katie Couric. The show is also known for its popular weathermen, such as Willard Scott and the current forecaster, Al Roker.



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January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday to Our January Babies!						New Year's Day 1
2 Dianne S.	3 The Vineyards	4	5	6	7	8
9 Marjorie R.	10	11	12	13 Nancy R. James R.	14 Sharon K.	15
16 Manuel D.	17 Martin Luther King Jr. Day	18	19 Lillian K.	20	21	22
23/30	24/31 Patricia F.	25	26	27 Dennis B.	28	29

