

The Vineyards

CALIFORNIA ARMENIAN HOME

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RCFE#10040070 • PCOA #319

St. Patrick's Day History

St. Patrick's Day, celebrated each March 17, marks the date the patron saint and national apostle of Ireland died, after 40 years of missionary work, in 461 A.D.

Legend and myth surround St. Patrick, who was said to have freed Ireland of snakes, a metaphor illustrating Christianity's rise over paganism. His use of Ireland's sacred three-leaf shamrock to symbolize the holy trinity is a well-known story.

Patricius Magonus Sucatus was born around 390 A.D. to Roman citizens in Britain. He was kidnapped by raiders as a teenager and sold into slavery in Ireland. Toiling as a shepherd, Patrick found comfort in religion.

After six years, Patrick escaped, journeying home hundreds of miles over land and sea. Now devout, he studied for the priesthood, was ordained a bishop and returned to Ireland to spread Christianity.

In the fifth century, Patrick built churches, ordained priests and converted thousands of Irish people. The wandering bishop had a knack for combining Christianity and Irish culture, easing the transition for converts. For instance, he superimposed the Irish-revered sun over the Christian cross, creating the Celtic cross.

A tireless missionary, Patrick was honored as a saint not long after his death.



March 2022

Meet Our Hospitality Director



Estella joined the family here at The Vineyards in November of 2021 and has over 30 years of experience in the hospitality industry! Estella was born in San Luis Obispo and grew up in Oceano, CA and had a large family with six brothers and one sister. Three years ago she met her now fiancé, Gil and moved to Clovis, CA and is enjoying her life in the central valley. Estella has four children, Veronica, who achieved her degree in International Business from San Diego State. Nicholas, who graduated from Cal Poly with a degree in Agriculture. Christopher, who is currently attending Fresno State and majoring in Computer Science and Ashley, who is also attending Fresno State and majoring in Veterinary Science. In her spare time, Estella not only enjoys snuggling up with her two cats (Kismet & Amari) but she also loves gardening, antiques, traveling, and cooking. As she grows in her role, Estella strives to provide a 5-star hotel atmosphere where all the needs of the residents are met with exceptional service and a smile!



Resident Council Members

Dennis B.	Chair
Mary S.	Vice Chair
Erma M.	Secretary
Jen S.	Member
Diana S.	Member
Gloria T.	Member
Pat L.	Member
Cy A.	Member

Brain Bender: Words of Spring

Step into springtime fun with these word ladders. In each set, use the clues provided to change the first word, one letter at a time, to make the last word.

BIRD

- _____ To tie securely
- _____ A special connection
- _____ Deep sound of a bell

SONG

WIND

- _____ Takes first place
- _____ Sharp senses
- _____ Baby rabbits

KITE

RAIN

- _____ To acquire
- _____ Wide smile
- _____ Hold tightly
- _____ Slowly falling liquid
- _____ The shape of rain
- _____ Harvested food
- _____ Loud black bird

GROW

(Answers: 1. bird, bind, bond, bong, song; 2. wind, wins, wits, kits, kite; 3. rain, gain, grin, grip, drip, drop, crop, crow, grow)

Lifestyles Communication Methods

As Katie grows in her position as your Lifestyle's Director, forms of communication in regards to activities and events have a new format. Each month you will receive a monthly newsletter which will include things going on throughout the community for the month, a team member sharing their story and how they came to The Vineyards at the California Armenian Home, and other important information certain departments may want to communicate. In addition to the newsletter, every Saturday you will receive a Weekly Lineup that will include a list of Lifestyles activities offered, any meetings taking place, resident lead activities, and special events. Flyers will be produced and given to residents for special events, programming changes, and/or any form of information that may need additional communication. Please pay special attention to the sign-up binder in the Mailstop for the latest shopping and outing options available for sign up. Lastly, the Lifestyles department has monitors located throughout the community that are updated regularly to keep residents informed. As always, should you have any questions about communication, please see Katie in the Lifestyles office.

Time Change

Daylight saving time begins at 2 a.m. on the second Sunday in March. Be sure to "spring forward" the night before by setting your clocks an hour ahead, and consider going to bed early to help you rise and shine on Sunday morning instead of sleeping in.



Lifestyles Drawing

Bring this coupon to the Lifestyles office for a chance to win a Easter Basket!!

Name:

Apt. Number:

A winner will be announced March 30th!!

Culinary Corner

Featuring Chef Brian's Hot Artichoke Dip

Combine all Ingredients into Bowl, Mix well. Pour into greased Baking dish (Spread evenly about 1-inch thickness) Sprinkle with Mozzarella Cheese (Bake uncovered) at 350F for approx. 20 to 25 minutes, top should be lightly Golden Brown. (Served on Crackers, Baguette Bread or Warm Pita) and taste better with a Good Glass of Wine

2-8oz Packages Cream Cheese
¾ cup Quarter Artichokes (well drain & Chopped)
½ cup Shred Mozzarella (extra cheese for top of Artichoke Dip)

½ cup Shred or Grated Parmesan
1 Tablespoon Finely chopped Onion or Dry Onions
1 Tablespoon Finely chopped Parsley
½ teaspoon Black Pepper
1 Clove -Minced or Crushed Garlic (Granulated okay if desired)
Dash of Hot Sauce (to taste) – Franks/Red hot
Dash of Worcestershire Sauce



March Resident Birthdays

03/01	Erma M.
03/06	Sibyl F.
03/07	Nancy K.
03/07	James S.
03/09	Mildred W.
03/09	Karen D.
03/09	Eva F.
03/12	Betty A.
03/13	Margaret P.
03/14	Jane I.
03/20	Jan S.
03/22	Carol Z.
03/26	Vera M.
03/29	Eva C.
03/29	Diana S.
03/30	Marlene J.
03/31	Vartkess H.

March Employee Birthdays

Carol T.	Gurmeet S.
Rosa N.	Vannak C.
Spring H.	Roxann M.
Kristine V.	Manila C.
Susan S.	Nicole K.
Natalie O.	Bianca R.
Zavier P.	Kwandalina B.
Bianca J.	Kassidy A.
Jasbinder P.	Sky D.
Jovita E.	Julian B.
Virginia L.	Cassandra Z.
Victor M.	

*While staff cannot accept gifts, we appreciate warm birthday wishes!



Directory

Executive Director

Paul Rocha (559)835-0802
paulr@vineyardslife.org

Business Office Manager

Valerie Flores (559)835-0803
valerie@vineyardslife.org

Assisted Living Director

Bianca Resendez (559)835-0813
biancar@vineyardslife.org

Memory Care Director

Ashley Mendoza (559)835-0818
amendoza@armenianhome.net

Lifestyles Director

Katie Jorgensen (559)835-0807
kjorgensen@vineyardslife.org

Executive Chef

Brian Kesanen (559)835-0814
briank@vineyardslife.org

Hospitality Director

Estella Cano (559)835-0801
estellac@armenianhome.net

Maintenance Supervisor

Ed Smith (559)835-0801
edsmith@armenianhome.net

Sales & Marketing Director

Ren Ramshaw (559)835-0805
renr@vineyardslife.org

Transportation Director

Rick P (559)981-9699

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Mardi Gras Celebration	2 Ash Wednesday	3 Get to Know Me Bingo	4 Wellness Walk	5 Mahjong
6 Bingo Mania	7 Tech Talk	8 Chess Club	9 Happy Hour	10 Putting on the Green	11 Outing With Lifestyles & Transportation	12 Around the World: Italy
13 Daylight Saving Time Begins "Spring Forward"	14 Exercise With Lifestyles	15 Caregiver Support Group Presented by Bristol Hospice	16 Happy Hour	17 St. Patrick's Day Celebration	18 Scavenger Hunt	19 Scrapbooking
20 Matinee Movie "Residents' Choice"	21 Bingo Mania	22 Speed Dating	23 Happy Hour	24 Bible Study	25 Bunco With Lifestyles	26 Balloon Volleyball
27 Broccoli for the Brain	28 Wellness Walk	29 Painting in the Park	30 Happy Hour	31 Croquet With Lifestyles	Please See Your Weekly Lineup for the Most Up to Date Information About Activities Taking Place! All Activities Are Subject to Change.	

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

8	4	1	2	5	9	7	8	6
8	2	6	7	1	4	3	5	9
5	7	9	8	6	3	1	2	4
7	6	8	9	2	5	4	3	1
2	1	4	6	3	7	5	9	8
9	3	5	4	8	1	2	6	7
4	8	7	3	9	2	6	1	5
6	5	2	1	7	8	9	4	3
1	9	3	5	4	6	8	7	2

2			9	4		3		
			8			2		9
5								
	9			8		5		6
	6						1	
1		4		2			9	
								5
6		3			7			
		7		5	2			3