

The Daily Vine

The Vineyards



CALIFORNIA
ARMENIAN HOME

(559) 835-0801 • RCFE#100400070 • PCOA #319



Upcoming Community Events

- 08/08 Holy Trinity Moonlight Picnic
- 08/09 Holy Trinity's 113th Grape Blessing
- 08/14 Watermelon Fest w/ "Hillbilly Band"
- 08/16 St. Paul's Blessing of the Grapes
- 08/18 Resident Forums



Summer Fun

Summer months mean longer days. To make sure there's never a dull moment, we're continuously planning tons of fun activities for you to enjoy, so keep your eyes and your schedule open!

August 2026



Employee of the Month



Audelia B., Hospitality

Congratulations to Audelia Blanco on becoming Employee of the Month.

Audelia has been recognized for her outstanding dedication, teamwork, and commitment to providing excellent service to our residents. She is always willing to lend a hand wherever needed and approaches every task with a positive attitude. In addition to supporting housekeeping operations, Audelia has taken on new challenges by assisting with carpet cleaning projects and learning how to operate a new carpet extraction machine. Her willingness to learn new skills and adapt to the needs of the department demonstrates her dedication to the team and the facility.

Audelia is a true team player who works collaboratively with her coworkers and is always focused on helping others succeed. Most importantly, she genuinely cares about our residents and takes pride in providing them with a clean, safe, and comfortable environment. Her compassion, reliability, and strong work ethic make her an invaluable member of the hospitality team.



Seniors & Summer Heat

While many of us love summer weather, extreme heat is particularly dangerous for those 65 and older.

Older adults face heightened risks of heat-related illnesses such as heat exhaustion and heat stroke. Due to their bodies' inability to regulate body temperature effectively, our senior population is most vulnerable to the valley heat. This is why it's important to know heat exhaustion symptoms and know what measures to take to prevent heat-related illness.

Symptoms may include:

- Heavy sweating
- Headache
- Nausea
- Dizziness
- Muscle cramps
- Weak, rapid pulse

If you think you have heat exhaustion:

- Move to a cooler place.
- Drink cool water or a sports drink.
- Stop all activity and rest.



Taste of Summer

Summer brings hot weather and what better way to hydrate than a cool refreshing drink by our Harvest café assistant, Irma?

Irma takes pride in making the most delicious sweet lemonades and refreshers. The Harvest Café features a variety of drinks, from Blue Lavender Lemonade, Strawberry Lemon Lime refresher, Orange Dreamsicle float, and a classic Cherry Coke Float.

Prefer a frozen treat? The Harvest Café also offers a variety of treats such as ice cream sandwiches, vanilla ice cream cone, and Popsicles. If you are opting for a healthier choice, the Café has a variety of fresh fruit and smoothies. Be sure to stop by The Vineyards Harvest Café for your summer treat, available Monday through Friday from 10am to 6pm.



Chef Irma E., Harvest Café



Happy 101st Birthday!



Jean B.

Congratulations to Mrs. Jean Booth on joining our centenarian club.

Mrs. Jean is turning 101 this August 3rd, and here at The Vineyards, we want to wish her a Happy Birthday!

Mrs. Jean, who was born and raised in Selma, California, stated she has recently moved to our community and enjoys being here. She feels great about turning 101, and believes the secret to longevity lies within yourself. She stated, "You must keep yourself busy and active, not sit on a couch all day." We would like to wish Mrs. Jean a Happy Birthday. May your 101st birthday be filled with boundless love, positivity, and happiness as you celebrate this milestone.



Bug Repellent Kit

Summer is meant for outdoor fun! Don't let mosquitos or other pesky bugs ruin a good time; instead, use this portable repellent kit.

Materials:

- Small jar with a lid or cork
- Fresh or dried herbs
- Essential oils
- White vinegar
- Cotton ball

Directions:

You can use any mix of herbs and essential oils, customized to your scent preference. Effective insect-repelling options are lavender, mint, lemongrass, rosemary, basil, sage and citronella.

Place your chosen herbs in

the bottom of the jar, followed by 10 drops of each essential oil you are using. Add more herbs or oils to adjust the scent, as needed.

Add 2 to 3 tablespoons of white vinegar to the jar. Place the cotton ball on top of the mixture, and then replace the lid or cork. The vinegar will absorb the fragrance of the herbs and oils. You can also gently swirl the jar to mix the scents.

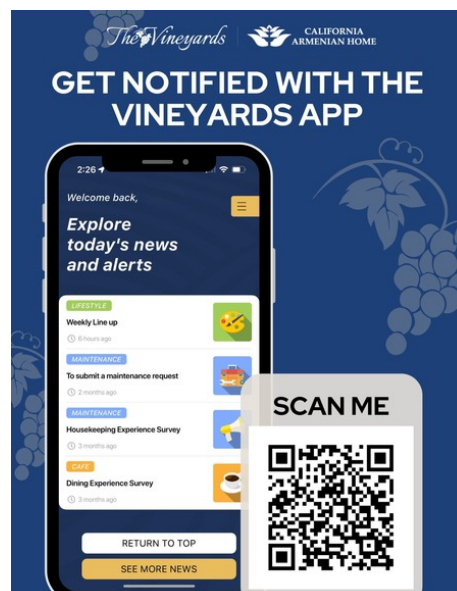
Bring the jar to your next outdoor event and use the cotton ball to dab the mixture on your wrists. Alternatively, place the open jar next to you as you sit outside to let the fragrance waft through the air and drive off the bugs.



New to the community or simply want to be informed of what's happening around you? Download The Vineyards app today.

The Vineyards app is a simple way to view your weekly activities, culinary menus, special announcements, and be in the know of special events organized community-wide. With The Vineyards app, you can check in daily; it's easy and updates are at your fingertips. If you need assistance with

downloading the app, feel free to stop by our technology hour Mondays at 3:30pm where one of our lifestyles team members will assist you.



Directory

Chief Executive Officer

Dennis Bacopulos
dennisb@vineyardslife.org

Executive Director

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

Senior Director of Sales &

Marketing

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

Business Office Manager

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

Assisted Living Director

Trina Luna (559)835-0813
Trinal@vineyardslife.org

Cognitive Care Director

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

Executive Chefs

Robert Ortiz & Brian Kesanen
(559)835-0814

roberto@vineyardslife.org
briank@vineyardslife.org

Facilities Director

Nick Nolan (559)835-0828
nickn@armenianhome.net

Hospitality

Antwain Hawkins
(559)960-8770

Director of Lifestyles

George Juarez (559)779-9491
georgej@vineyardslife.org
Lifestyles office: (559)835-0808

Transportation

Vince Ocegueda (559)649-0615
vince@armenianhome.net

Concierge

Yvette Abrahamian
(559)835-0801
yvettea@vineyardslife.org

Chaplain

Scott Carter (559)417-8896

August 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



AUGUST						1
Happy Birthday 2 <i>Daniel R.</i>	Happy Birthday 3 <i>Jean B.</i>		Happy Birthday 5 Mark S. Joan G.	Happy Birthday 6 Jeanie C.	Happy Birthday 7 Patricia F.	Happy Birthday 8 Bonnie B.
9	Happy Birthday 10 Elizabeth L.	11	Happy Birthday 12 Coleta W.	13	14	15
Happy Birthday 16 Michael C.	17	18	19	20	21	22
Happy Birthday 23/30 Richard T.	24/31	25	Happy Birthday 26 <i>Sarah C.</i>	Happy Birthday 27 Robert W.	28	Happy Birthday 29 Ruth P.



August Sudoku

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9.

Solution:

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

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