

"We are breaking the stereotypes of the past and re-shaping what a successful retirement looks like."



Retirement Redefined

The new *reality of retirement* is most often becoming a journey to a happy and fulfilling lifestyle. Living in an active Life Plan Community of warm friends, having a variety of amenities and services that make life easier and having the time/freedom for the fun things in life is what many find appealing when researching a retirement community.

"We found **The Village** lifestyle to be surprisingly affordable and felt secure knowing a plan was in place, a guarantee of care for life, this is priceless." says, Gloria a new Resident at The Village.



"Until one has loved an animal, a part of one's soul remains unawakened." Anatole France (French Poet, 1844-1924)

"If pet ownership was a medication, it would be patented tomorrow.", says Dr. Edward Creagan of the Mayo Clinic Medical School.

At *The Village*, we embrace the 'fur-babies' (dogs or cats) of our Residents. We are a supportive community with regards to pet ownership, provided their owners are able to comply with our pet policy. Pet social engagement and the joys of emotional connections to our pets are important factors in better physical and overall well-being as we age. Studies have proven that pet ownership and interaction with pets improve our immune system, lower blood pressure and increase positive social behavior.

The popular, online self help and personal growth website, *SelfGrowth.com* put it best, "Pets amuse us, make us laugh, improve our moral. Pets need love, companionship and attention no different than the rest of us."

Village Residents, Jerry and Ann have 'Pepper.' She is their 10 year old Pug who they adopted from an Animal Shelter six years ago. It's been a love affair ever since. Photo: Ann and Pepper out for a morning stroll.



Get your Green Thumb on!

Re-discover the joys of playing in the dirt.

The health effects of being outdoors and gardening helps stimulate all the senses. A healthful activity, experts agree, is gardening. The result awakens the connection with nature and the rewards are endless. Get a 'garden workout' - - bending, kneeling, squatting, and pruning all helps ward off the challenges of flexibility that arise as we age.

"When we moved to The Village, I discovered a little outdoor piece of heaven. The Resident Gardens are a delightful outdoor space where you can have your own personal gardening area. Alongside other Residents who enjoy growing things, I love tending my fresh tomatoes plants. I have re-discovered the fun of playing outside in the dirt!"

'Suma, Village Resident since 2016'

The Village View

March 2018

Stay Young at Heart!



Step Into the Picture at The Village!

The Village
2200 W. Acacia Ave.
Hemet, CA 92545

www.thevillagehemet.com

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Hats Off to Spring!

Please join us as we celebrate Spring!

Savor a delicious Spring Fare Luncheon created by our Executive Chef Hugo. Ladies, wear your Best Spring Bonnet (and, gentlemen you're invited to wear a hat, too!). Prizes for the best 'Hats Off to Spring' toppers. Come a bit early and see a special presentation of vintage hats by Madame Hatter.

WEDNESDAY, MARCH 28th 10:00 a.m.

LUNCHEON & PRESENTATION

Seating is Limited - Please call for Reservations

(951) 658-3369

2200 West Acacia Ave. Hemet, CA 92545

www.thevillagehemet.com

The Village
An Active Life Plan Community

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Valerie's Corner

Welcome to *The Village View*, our Quarterly Newsletter. Within the pages of our newsletter we hope to give you an inside view of our actual Residents experiencing their day to day lifestyle at *The Village*. Along with other interesting articles about our community and the Residents who make up our Family of Friends, we hope to share stories of interest that take place in and around our local community. I hope you enjoy our inaugural issue!

The Village is a 60+ active Life Plan Community in Hemet, California. Set in the picturesque San Jacinto Valley, The Village is conveniently located, with easy access to the Palm Springs area, mountain communities and other points of interests within the Inland Empire.

Our goal is to reach out to you, our friends, and those looking for a friendly, safe, retirement community of interesting people. Offering a variety of exceptional services and amenities, with a guarantee of care for life, our Residents have the freedom to live life to the fullest and enjoy peace of mind knowing their future health needs are secure.

Could it be true that those who stay young at heart are on to something?

Many age authorities speculate that feeling younger may lead to better health habits. "Feeling younger or older itself seems to have an effect on our health," says Dr. Ronald Siegel, assistant professor of psychology at Harvard Medical School. Feeling younger may also bring on a sense of resilience that keeps a spirit of youth and wellness. Be it diet, exercise or social engagement, researchers are finding a link through their studies. Staying young at heart may be the secret to a happier, healthier life. I certainly hope we can all stay young at heart, no matter how many candles are lit on our birthday cake!



Valerie Machain, Executive Director.

It's About the Food!



Along with a welcoming and inviting dining experience, our Residents know that every step is taken to ensure the food, presentation and preparation is at the highest level possible. As a top priority, Executive Chef Hugo and his Culinary Team provide Residents and their family members the trust that they will receive high-quality, healthy meals that are ample and leave them feeling full and satisfied. Daily importance is taken with menu preparation which includes food selections that maintain and improve overall health and dietary restrictions. He listens to what the Residents want on their menu. Variety and fresh ingredients are paramount, so Chef Hugo presents 14 entrée selections that change weekly.

"The first bite, is always with the eyes."



Executive Chef Hugo

It's a Village Family Affair . . .

It has been a family affair for the Contreras family and The Village. A Village employee since 2006, Angela Contreras became our HealthCare Center's Director of Nurses in 2014. Her daughter, Kayla has been coming to visit her mom at The Village since she was knee-high. Our Executive Director, Valerie Machain (previously, the Administrator of the Health-Care Center) has worked closely with Angela and has watched her daughter Kayla grow up over the years. Kayla has grown to be a beautiful young actress and will be starring as Ramona (for the third year in a row) in the historic outdoor play at the Ramona Bowl Amphitheatre in Hemet.

Considered California's only official outdoor play and the longest continuously running play in the United States; Ramona begins performances this year, celebrating its 95th Anniversary. The season opens with weekend performances beginning in April. For the last 95 years, the play Ramona has entertained audiences from around the world. An historic favorite, the characters of Ramona and Alessandro's tragic love story remains an American classic.

The Village has been a long-time community supporter of the play and other theatrical performances held at the Ramona Bowl Amphitheatre. Village Residents plan and enjoy attending performances of Ramona and the Summer Concert Series each year.



Angela and Kayla



Laughter IS the best medicine!

Several studies have suggested that there is a potential health benefit to laughter. It reduces stress, improves learning and memory; and, can improve the ability to tolerate pain. Laughter may also reduce depression. So, get with friends, have a laugh and live happier.

"You don't stop laughing when you grow old; you grow old when you stop laughing."

George Bernard Shaw - Irish playwright