

VILLA SCALABRINI
 Retirement Center & Special Care Unit
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Villa Scalabrini Retirement Center



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NEWSLETTER

Fall/Winter 2017 – Volume LVI

From the New Director of Villa Scalabrini

Dear Villa Scalabrini Family,



My name is Fr. Adilso Luiz Balen, cs, and I have been assigned by the Provincial Administration as the new Executive Director of Villa Scalabrini Retirement Center, effective September 1, 2017.

I was born in Brazil. My parents were farmers and they raised 11 children, 7 brothers and 4 sisters. Three of us are Scalabrinian missionary priests and the others are married and living in Brazil.

I did all my studies in Brazil and was ordained to the priesthood on January 26, 1991 in my home town. My first missionary assignment as Associate Pastor and then as Pastor was in Vancouver, Canada ministering to the Portuguese speaking immigrants.

In 1997 I joined the formation team at our Seminaries in Mexico City and in Guadalajara, Mexico. In 2006, I came to the United States as Formator of the Scalabrini House of Discernment and as Associate Pastor of St. Peter's Parish in Los Angeles and just after I continued the formation program in Sun Valley, CA.

In 2008 I was assigned as Associate Pastor at St. Luke's Parish in Irving, Texas and a few months later I was appointed Provincial Superior of the Province of St. John the Baptist in Chicago, from January 2009 through December 2014.

From 2015 to 2017 I fulfilled my ministry as Pastor of St. Luke's Parish in Irving, Texas; a church that has presently an average of seven thousand people attending the weekend's liturgical services.

Since September 1, 2017 I am residing at the House of Discernment in Sun Valley, CA and exercising my new assignment at Villa Scalabrini. It is for me a new and for sure a challenging journey.

On November 28th, the Scalabrinians will celebrate the 130th anniversary of the Congregation of the Missionaries of St. Charles (1887-2017). The anniversary of 130 years will be an opportunity to be thankful to God for the many blessings bestowed upon us. "Our founder, Blessed John Baptist Scalabrini, Apostle of the Catechism and Father of the Migrants, wanted our congregation to be missionary and live a life of consecration". I invite you to pray for all the Scalabrinians to witness courageously our Charism.

Since 1979 Villa Scalabrini has been a blessing home for many elderly residents and families. I am very grateful to recognize that since the beginning, Villa Scalabrini have received great support from many of you. A heartfelt thanks for your friendship, prayers, financial support, service, love and dedication toward this important mission formed by wonderful people, from many cultures and languages.

My special thanks go also toward all the Scalabrinian missionaries for their outstanding service during this past decade at Villa Scalabrini, to the Sisters of Augustinian Recollect, the Administrators, the supervisors and all the staff for their diligent dedication and service. You are a blessing to us all.

I am positive that together, with your commitment we will have a bright future and will continue to assist, guide and care for all our residents, fulfilling Villa Scalabrini mission.

I wish you all a blessed,

Merry Christmas! Buon Natale! Maligayang Pasko! Feliz Navidad! Feliz Natal! Shnorhavor Surp Tsenunt!

May the birth of the baby Jesus bring joy, hope and peace to your days and many blessings throughout the new year.

Fr. Adilso Luiz Balen, cs
Executive Director

ACTIVITIES HIGHLIGHTS

From the Special Care Unit

"And whatever you do in word or deed, do it in the name of the Lord Jesus, giving thanks to God the Father through him." Colossians 3:17

In August we had our annual **Luau celebration**. Hawaiian dancers made the party more festive. One of our families brought a group of students to dance, adding to the celebration that was enjoyed by all.

Birthday Celebration: every month we have a special way of celebrating and thanking God for the gift of Life. Prayers are offered with greetings and singing. A special guest will serenade the celebrants and together we toast with cake, ice cream and more goodies. Many more blessings to all!

Bingo Social

Bingo is conducted every Tuesday, Thursday and Saturday by the AR Sisters and some volunteers. The Residents truly love this game and show real excitement with the small amount of prizes being awarded.

Wheel of Fortune

This game was provided by the Administration for the Activity Program; it is played using the TV screen. The Residents find it very interesting though sometimes challenging. It helps them think and enhance their memory skills.

Culmination of the Holy Rosary

October is the month of the Holy Rosary. The Rosary is an old prayer that is always new, leading us to Jesus through Mary. We can trace the beginning of the Rosary to the 12th century when the people who could not read or write would count their prayers on a string of beads.

We are now celebrating the 100th year anniversary of the apparition of the Blessed Virgin Mary to Fatima, Portugal. The Blessed Mother urged everyone to pray the Rosary. She called herself the "Lady of the Rosary," and promised that the Rosary would help people grow in their faith, convert sinners and bring about world peace.

Last October we celebrated the Culmination of the Holy Rosary in our Skilled Nursing unit with the participation of our residents from the Retirement Center and the Safe Care Center.

Thanks to all the staff who make our activities possible.

May we always follow the example of the Blessed Virgin Mary who was so particularly connected with the incarnate, passion and glorious resurrection of the Son of God. Amen!

Blessing to one and all!

Sr. Mavieve Joy Bernaldez, AR
Maria Bedoya, SSD

From the Retirement Center Photo Album

By Ricardo Alas, Director of Activities



Dear families & friends,



Villa Scalabrini continues to serve the geriatric population at full capacity, thanks to all our supporting staff: CNAs (Certified Nurse Assistants), licensed nurses, housekeeping staff, dietary staff, and last but not least our office personnel who holds our facility together.

A few months ago we had our federal and state inspection and passed it with a few minor flaws.

The results are posted outside the Special Care Unit office. If you have any questions regarding the inspection, please contact me.

As of October 1, 2017 Villa Scalabrini established a new nutritional menu with the help of our residents' committee and our licensed dietician. We are going to meet each month after the residents' meeting to go over any questions or concerns.

Villa Scalabrini aims to be ahead of ongoing requirements mandated by the CMS (Center for Medicare Services). One of the new requirements is to have all nursing facilities annually review, conduct and document facility wide assessments. The objective of the assessment is to determine what resources are necessary to care for our residents competently for day-to-day operations and emergencies.

Lastly, we would like to warmly welcome our new staff members:

Carmen Saz - CNA
Bianca Arevalo - CNA
Daisy Tejeda - CNA
Kimberly Gurrola - CNA
Carmen Ochoa - DSD
Jose Ovando - Dishwasher
Jazmin Torres - Dietary Server
Esmeralda Soto Godoy - Dietary Server
Alonso Flores - Dietary Server
Carla Guerra - Nurse Assistant
Jenny De Guzman - Nurse Assistant
Karen Zamora - La Piazza Dietary Server
Maikel Otero-Suros - Dietary Worker

Blessings to you all,
Ardy Afshar
Administrator/CFO



La Piazza AT VILLA SCALABRINI

An exceptional living experience at an affordable price!

Individual homes make our community exclusive and special.

- Enjoy your own beautifully appointed home with more than 1200 square feet
- 2 bedrooms, 1 bath all on ground level
- Soaring 10' ceilings
- Full gourmet kitchen
- Attached carports
- Private patios
- Utilities included
- Pet friendly
- Complete maintenance, including weekly housekeeping and linen service
- Two gourmet meals a day, 5 days a week
- Landscaped grounds, walking paths
- Putting green, gym facilities, library, Club house
- Weekly wellness program, movie nights, games and more
- Secure premises, 24 hours a day

The Best in Retirement Living



Holiday Health Tips for Seniors

As we approach yet another holiday season we look forward to visiting family, giving/receiving gifts, and most importantly - food!

While it is rare that families are serving healthy options for Thanksgiving or Christmas, it falls on the eater to make the right decision to avoid gaining what some surveys say is up to 8 lbs on average the whole season. Unfortunately the older one gets, the slower their metabolism works and the harder it gets to fight off the holiday pounds and other potential health hazards. High cholesterol, an increase in blood pressure and foods that can cause inflammation to joints are just some of the things to keep in mind - particularly for older adults. Below are 8 holiday health tips to help keep a balanced health plan during the holiday season:

1. Take a Walk after Large Meals

After large meals in particular it is natural to want to rest (and catch in a nap during football). Instead of a nap, a walk, even if it isn't very far or fast, can do wonders for your body. To make it the best - include the whole family in your walk!

2. Wash Hands Frequently

With family visiting from all over, just remember to wash your hands to both prevent and stop the spread of any sickness going around the house.

3. Don't Drink Alcohol in Excess

Most alcohol is loaded with carbs and unnecessarily high calorie counts. The effects of loaded beverages can cause inflammation of the joints, making problematic joints and muscles worse.

4. Drink Plenty of Water

With all the food, alcohol and activities your body runs a higher risk of dehydration. Water is good on many levels for your body. Water helps flush out toxins and cleanse the body faster than any other drink because it contains replenishing electrolytes.

5. Try to Avoid eating Heavy Meals Late at Night

The earlier you eat the better the opportunity to burn off your meal. It also decreases the chances of falling asleep while digesting a meal.

6. Seek Flavoring Alternatives

Butter, Salt and Pepper are staples of our culture for our dinner tables. Try to avoid simply adding salt and butter without tasting the food first. Often times there are plenty of additives already in the food.

7. Watch Your Carbohydrates

Carbohydrates are used in your body for energy - so your body almost craves it. Carbohydrates also can cause inflammation of joints and muscles - particularly along the spinal cord and back.

8. Keep a Regular Sleep Schedule

Have you developed a routine? Routines typically include a time for sleep and a time to wake up. It is recommended for most adults to get at least 6 hours of sleep per night, but no more than 8.

Most importantly, enjoy the Holidays! The above are simply recommendations to assist in the good health you keep all year. Holidays are a great opportunity to spend quality time with family and enjoy the pageantry. Have a Happy Holiday!

Check us out!

To check for residence availability, to take a tour or to request a brochure please contact Laura Mesrobian, Admissions Director, at (818)768-6500 ext. 228 or Laura@villascalabrini.com



VILLA'S NEWS

On November 23rd we celebrated Thanksgiving Day which is traditionally a day for families and friends to get together for a special meal. "Gratitude means thankfulness, counting your blessings, noticing simple pleasures, and acknowledging everything that you receive. It means learning to live your life as if everything were a miracle, and being aware on a continuous basis of how much you've been given." Thankful hearts are always giving hearts. The Psalm 107:8-9 says: Let them give thanks to the LORD for his unfailing love and his wonderful deeds for mankind, for he satisfies the thirsty and fills the hungry with good things.

December 3rd, we begin the Advent Season which marks the beginning of the church year. Advent is a time of preparation that directs our hearts and minds to Christ. Advent is a period of spiritual preparation in which we are invited to direct our hearts and minds for the coming, or birth of Jesus Christ. Advent is a season of prayer, fasting and repentance, but especially a time of joy and hope.

The Missionaries of St. Charles-Scalabrinians offer Perpetual Masses through the Scalabrini Mass League. Please ask the Front Desk at Villa Scalabrini or or call 818-768-6500

Villa's annual Picnic: A day of fun, family and good food!

Thanks to the Residents, their families, the staff and our generous sponsors this year's picnic was once again a success.

Here is an excerpt from the thank you note we received from Lydia and Jack Dillard, the family of resident Erna Cummings.

"The perfect Italian picnic. We would like to thank Villa Scalabrini for the wonderful picnic that was held Sunday, October 8, 2017. We just want to say thank you to all the amazing people who helped make it a success. The picnic would not have happened without the many hands and countless hours of preparation, set-up, serving and clean-up. Thank you for the delicious Italian food, cake and entertainment."

We had a lot of fun enjoying the music, entertainment, raffles and Bingo. My mother-in-law got a lot of mileage talking about this event. We are looking forward to next year's picnic!"



"Teach us to give and not count the cost."

-St. Ignatius de Loyola

We are grateful for the many gifts of financial support we receive throughout the year. These gifts help us meet the needs of our Retirement Center and the senior residents it serves.

Unrestricted donations will be used toward general facility improvements.

Restricted donations will be used for the purpose designated by the donor.

We appreciate your generous support.

Benevolence Fund - The Benevolence Fund supports one of our missions - to provide comfortable and dignified living choices to under-served or otherwise compromised seniors, whose income and assets are insufficient.

Special Projects - Funds donated towards special projects will be allocated for facility improvements.

Where Most Needed - We always appreciate unrestricted funding, which is directed to general operating costs. In the end, all our resources enable us to provide the best care and services to our residents that we possibly can.

Ways to Give: Cash, Check, Credit Card Gift or Online Donation - The easiest, most direct way to support Villa Scalabrini.

Make a Donation to Villa Scalabrini

To make a donation to Villa Scalabrini you can access our website www.villascalabrini.com/waystogive and donate using your credit card via Paypal, or you may print a donation form and mail with your check.

Through the philanthropic support of donors, Villa Scalabrini will be able to enhance its services and impact the lives of its senior residents.

Your generosity is vital and allows us to provide the excellent care and services you have come to expect from Villa Scalabrini.

Fathers of Saint Charles (Villa Scalabrini) is a not-for-profit, tax exempt organization as described in section 501 (c)(3) of the Internal Revenue code.



What if Villa Scalabrini earned a penny every time you searched the Internet? Well, now we can!

GoodSearch.com is a new search engine that donates ad revenue, about a penny per search, to the charity its users designate. Use it just like any search engine, and it's powered by Yahoo!, so you get the same great results.

Just go to www.goodsearch.com and enter Villa Scalabrini as the organization you want to support. Just 500 of us searching four times a day will raise about \$7300 in a year without anyone spending a dime! Please spread the word!

Welcome New Residents!

Victoria Alaniz
Bernice Allen
Marilyn Apruzzese
Dorothy Bearden Churnock
Marion Beaudry
Billie Jo Bolita
Gerald Cleary
Erna Cummings
Joanne Gallagher
Rebecca Gonzales
Robert and Rosalind Hutting
Gladys Kramig
Lydia Nialog
Maureen O'Connor
Carol Okon
Nina Pino
Rosa Piumetti
William Planche
Beverly Power
Joan Rabun
Frank Rothe
Harold Shreiner
Dorothy Vetter

