

# August 2018

Activities Staff: Karla Lopez & Celina Santos

Center Coordinator: Jessica Lopez

Center Director: Amy Graham

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Board games and puzzles are available to use anytime. Please help yourself or see any staff member for assistance!</p>	<p>This Activities Calendar is subject to change without Notice</p>	<p><b>1</b> 9:30 - Meet &amp; Greet 10:30 - <b>WORD GAME</b> 1:15 - Fit and Strong Alternative activities 2:00 - Aroma Therapy and Hand Massage 3:00 - Table Games</p>	<p><b>2</b> 9:30 - Meet and Greet 10:15 - Arts and Crafts Project 10:30 - Fit and strong Table Games 1:30 - Movie Matinee &amp; Snacks 3:30 - Social Hour, Magazines &amp; Puzzles</p>	<p><b>3</b> 9:30 - Meet &amp; Greet 10:00 - Table Games 10:30 - <b>Word Game</b> Exercise Group 11:00 - <b>Shabbat w/Rabbi Bender</b> 1:15 - Music Therapy w/Andrea 2:30 - Radio Tunes</p> 
<p><b>6</b> 9:30 - Meet &amp; Greet 10:00 - Table Games &amp; Walking Group 10:30 - <b>Zumba Class w/Susy</b> 1:15 - Bingo Reminiscing Activities 2:30 - Alternative Activities Movie Matinee &amp; Snacks</p>	<p><b>7</b> 9:30 - Meet &amp; Greet &amp; Daily News 10:15 - <b>Memories in the Making</b> 10:30 - <b>Ask the Dietitian with Randi</b> 1:15 - Ring Toss and Exercise Game 2:30 - Radio Tunes</p>	<p><b>8</b> 9:30 - Meet &amp; Greet 10:30 - <b>WORD GAME</b> 1:15 - Fit and Strong Alternative activities 2:00 - Aroma Therapy and Hand Massage 3:00 - Table Games</p>	<p><b>9</b> 9:30 - Meet &amp; Greet 10:15 - Arts and Crafts Project 10:30 - Fit and Strong Table Games 1:30 - <b>Movie Matinee &amp; Snacks</b> 3:30 - Social Hour, Magazines &amp; Puzzles</p>	<p><b>10</b> 9:30 - Meet &amp; Greet 10:00 - Table Games 10:30 - <b>Word Game</b> Exercise Group 1:15 - <b>National Banana Split Day</b> 2:30 - Radio Tunes</p> 
<p><b>13</b> 9:30 - Meet &amp; Greet 10:00 - Table Games &amp; Walking Group 10:30 - <b>Zumba Class w/Susy</b> 1:15 - Bingo 1:30 - <b>Cooking Class w/Karla</b> 2:30 - Alternative Activities</p> 	<p><b>14</b> 9:30 - Meet &amp; Greet and Daily News 10:15 - <b>Memories in the Making</b> 10:30 - Fit and Strong 11:00 - Spiritual Social Group w/Rabbi 1:15 - <b>Cooking Class w/Karla</b> 2:30 - Radio Tunes</p> 	<p><b>15</b> 9:30 - Meet and Greet 10:30 - <b>WORD GAME</b> 1:15 - <b>HAPPY HOUR Music &amp; Appetizers</b> 2:00 - Aroma therapy and Hand Massage 3:00 - Table Games</p> 	<p><b>16</b> 9:30 - Meet &amp; Greet 10:15 - Arts and Crafts Project 10:30 - Fit and Strong Table Games 1:30 - <b>HAPPY HOUR Music &amp; Appetizers</b> 3:30 - Social Hour, Magazines &amp; Puzzles</p> 	<p><b>17</b> 9:30 - Meet &amp; Greet 10:00 - Table Games 10:30 - Exercise Group 11:00 - <b>Shabbat w/Rabbi Bender</b> 1:15 - Music Therapy w/Andrea 1:45- <b>HAPPY HOUR Music &amp; Appetizers</b></p> 
<p><b>20</b> 9:30 - Meet &amp; Greet 10:00 - Table Games &amp; Walking Group 10:30 - <b>Zumba Class w/Susy</b> 1:15 - Bingo Reminiscing Activities 2:30 - Alternative Activities Movie Matinee &amp; Snack</p>	<p><b>21</b> 9:30 - Meet &amp; Greet and Daily News 10:30 - <b>Luau Party Music &amp; Appetizers</b> 1:15 - Ring Toss and Exercise Game 2:30 - Radio Tunes</p> 	<p><b>22</b> 9:30 - Meet &amp; Greet 10:30 - <b>Luau Party Music &amp; Appetizers</b> 1:15 - Fit and Strong Alternative activities 2:00 - Aroma Therapy and Hand Massage 3:00 - Table Games</p> 	<p><b>23</b> 9:30 - Meet &amp; Greet 10:15 - Arts and Crafts Project 10:30 - Fit and Strong Table Games 1:30 - <b>Movie Matinee &amp; Snacks</b> 3:30 - Social Hour, Magazines &amp; Puzzles</p>	<p><b>24</b> 9:30 - Meet &amp; Greet 10:00 - Table Games 10:30 - <b>Word Game</b> Exercise Group 1:15 - Music Therapy w/Andrea 2:30 - Radio Tunes</p> 
<p><b>27</b> 9:30 - Meet &amp; Greet 10:00 - Table Games &amp; Walking Group 10:30 - <b>Zumba Class w/Susy</b> 1:15 - Bingo Reminiscing Activities 2:30 - Alternative Activities</p>	<p><b>28</b> 9:30 - Meet &amp; Greet and Daily News 10:15 - <b>Memories in the Making</b> 10:30 - Fit and Strong 11:00 - Spiritual Social Group w/Rabbi 1:15 - Ring Toss and Exercise Game 2:30 - Radio Tunes</p>	<p><b>29</b> 9:30 - Meet &amp; Greet 10:30 - <b>WORD GAME</b> 1:15 - Fit and Strong Alternative activities 2:00 - Aroma Therapy and Hand Massage 3:00 - Table Games</p>	<p><b>30</b> 9:30 - Meet &amp; Greet 10:15 - Arts and Crafts Project 10:30 - Fit and Strong Table Games 1:30 - <b>Movie Matinee &amp; Snacks</b> 3:30 - Social Hour, Magazines &amp; Puzzles</p>	<p><b>31</b> 9:30 - Meet &amp; Greet 10:00 - Table Games 10:30 - <b>Word Game</b> Exercise Group 1:15 - Music Therapy w/Andrea 2:30 - Radio Tunes</p> 

# BEAT the HEAT

The heat and summer are upon us and the weather is only going to get hotter. The most important thing to remember is to stay HYDRATED and to avoid "dehydration."

How do I do this you ask? Well the best way is to take in plenty of FLUIDS! This not only includes "water" but a variety of other foods and liquids such as:



- Juices
- Fruit
- Vegetables
- Popsicles
- Frozen yogurt
- Salads
- Soups

Remember, staying hydrated keeps our internal body temperatures down, and prevents dehydration!

Don't forget to check our June Calendar for the cooking projects involving staying hydrated!

Randi Drasin, MS, RDN  
Brandman Centers Dietitian

## Brandman Centers Information:

Questions? Please call one of our helpful staff members

who would be happy to assist in any way they can.

Jessica Lopez, Center Coordinator – (818) 757-5580

Karla Lopez, Activities Coordinator – (818) 774-3221

Amy Graham, Center Director – (818) 774-3328

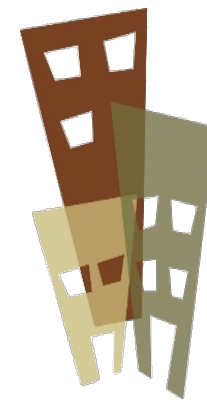
Contact Information for the Brandman Centers

7150 Tampa Avenue, Reseda, CA 91335

Phone: (818) 774-8444 Toll Free: (855) 774-8444

Fax: (818) 774-3248 TTY: (818) 774-3194

For any medical concerns, change of condition or falls,  
Please call our 24-hour nursing line at 818-774-8444.



BrandmanCenters  
FOR SENIOR CARE

August 2018 Newsletter and Calendar

## Staff Spotlight



Meet our BCSC Director of Quality and Compliance

In April 2018, The Brandman Centers for Senior Care (BCSC) welcomed Helene Smith, RDH, MPH as Director of Quality and Compliance. Ms. Smith brings her extensive experience from various healthcare settings. She received her Master's degree in Public Health from UCLA Fielding School of Public Health and her Bachelor's degree from UCLA. She was also trained as a Registered Dental Hygienist.

In her current role, Ms. Smith oversees all quality and compliance-related activities for the BCSC PACE program.

Ms. Smith is passionate about improving the quality of healthcare and committed to improving the experience of the elderly aging in place.

Dear participants,

Brandman Centers for Senior Care would like to remind all participants of the importance of bringing your BCSC insurance card with you for medical appointments, hospital visit and emergency room visits. This will help you facilitate efficient care.

Thank you!

