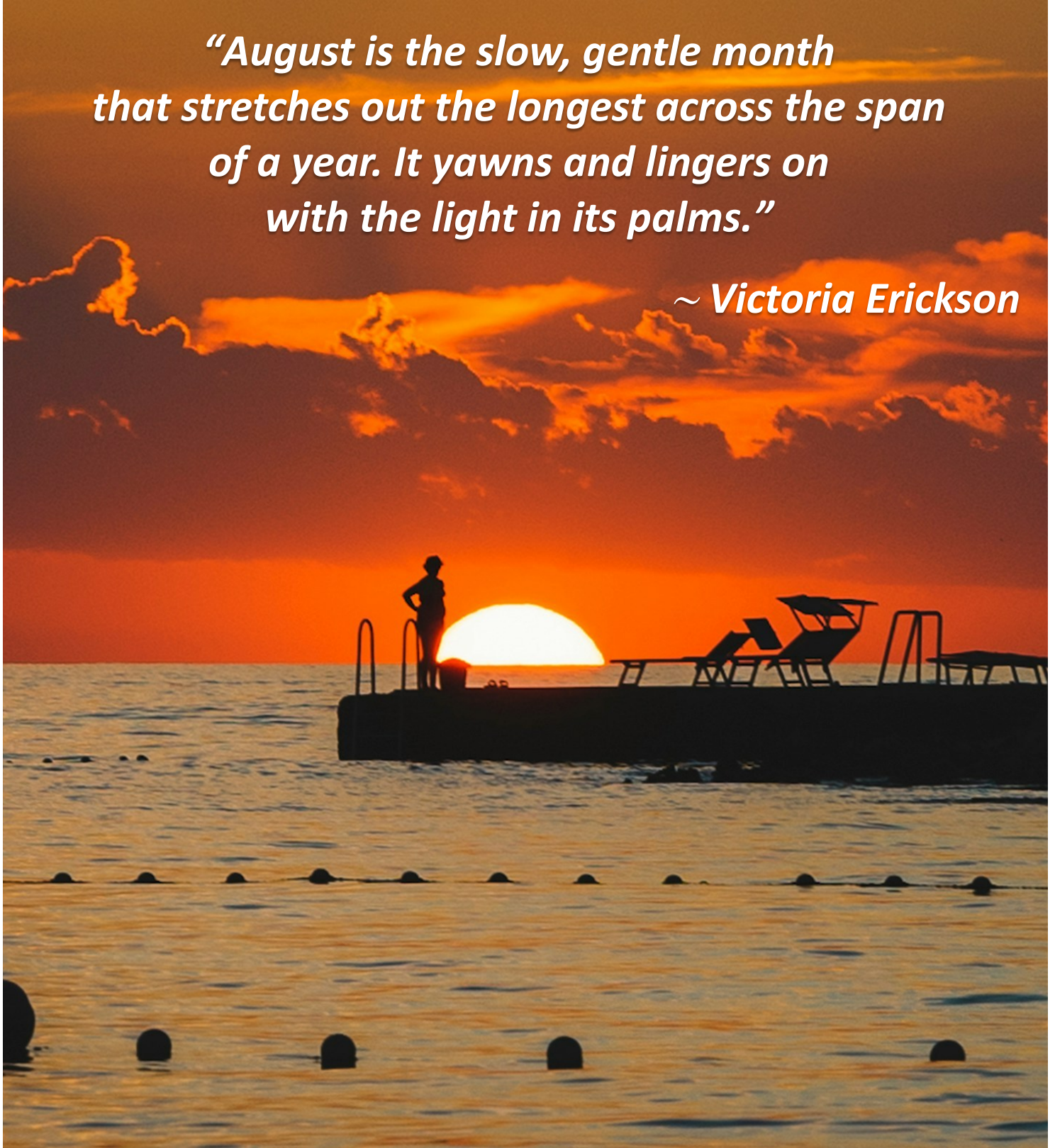


*“August is the slow, gentle month  
that stretches out the longest across the span  
of a year. It yawns and lingers on  
with the light in its palms.”*

*~ Victoria Erickson*



# Announcements

## Table of Contents

|                                            |                  |                                                  |                  |
|--------------------------------------------|------------------|--------------------------------------------------|------------------|
| <b>Announcements</b> .....                 | <b>pg. 2-7</b>   | Landscape Committee .....                        | 19               |
| Clinic Specialists.....                    | 3                | <b>Creative Corner</b> .....                     | <b>pg. 20-21</b> |
| Bookworms.....                             | 3                | <b>Arts</b> .....                                | <b>pg. 22-23</b> |
| In Memoriam.....                           | 3                | <b>New Residents</b> .....                       | <b>pg. 24-25</b> |
| "Did You Know?" .....                      | 4                | <b>Spiritual Care</b> .....                      | <b>pg. 26-27</b> |
| Hillcrest Singers .....                    | 4,45             | <b>Birthdays/Anniversaries &amp; Menus</b> ..... | <b>pg. 28</b>    |
| Gift Shop .....                            | 5                | <b>Resident Life &amp; Wellness</b> .....        | <b>pg. 29-45</b> |
| Wagoner Celebrations .....                 | 5                | Month-at-a-Glance.....                           | 29               |
| Occupancy Snapshot .....                   | 6                | Director of Wellness Article.....                | 30               |
| Shared Journeys Support Group .....        | 6                | Southwoods Article.....                          | 31               |
| Craft Fair.....                            | 6                | Thurs. Afternoon Movies.....                     | 32               |
| Associate Spotlight .....                  | 7                | Assisted Living Activity Calendar .....          | 33               |
| <b>Administrative News</b> .....           | <b>pg. 8-10</b>  | AFC Schedule.....                                | 34               |
| CEO's Article.....                         | 8-10             | RLW Activities.....                              | 37-45            |
| Common Grounds Gathering.....              | 10               | <b>Thrift Store Tea and Open House</b> .....     | <b>pg. 46</b>    |
| <b>Associations &amp; Committees</b> ..... | <b>pg. 11-19</b> | <b>Luau</b> .....                                | <b>pg. 47</b>    |
| Residents Association Update .....         | 11               | <b>Blank Calendar</b> .....                      | <b>pg. 48</b>    |
| Library.....                               | 12-14            |                                                  |                  |
| Accessibility Committee.....               | 14-15            |                                                  |                  |
| CUB Committee.....                         | 16               |                                                  |                  |
| Social Activities Committee .....          | 17               |                                                  |                  |
| Transportation Committee.....              | 18               |                                                  |                  |

### **ATTENTION:**

Submission Deadline for Next Edition

**Thursday, August 20**

## **HAPPENINGS PLANNING, EDITORIAL, & DISTRIBUTION TEAM**

*Cecilia Stephens, Carole Kolla, Rosemarie Sabounchian, Ryan Harrison, & Scott Snider*

EDITOR: Scott Snider

The HILLCREST HAPPENINGS is a monthly publication containing news, announcements, poetry and articles, all written and submitted by Hillcrest residents and staff. Please attach your name to all submissions. You are encouraged to submit announcements (200 words or less) and articles (400 words) by or before the deadline noted above. Submissions should be free from major design elements (i.e., borders, graphics, etc.), and should be of general interest to residents. Articles may be edited for content, punctuation, grammar and spelling. Written articles may be given to the Receptionist in the Meeting House lobby or to Cecilia Stephens to be typed and submitted. Please *email submissions to: [ssnider@livingathillcrest.org](mailto:ssnider@livingathillcrest.org)*

## **LOCATION LEGEND**

Throughout the pages of this monthly newsletter, and used as well in publications such as the *Daily Announcements*, you will often see abbreviations designating locations on campus (e.g., BC1, GWBR, MSL, etc.) . Here's where they intend to point you:

**AFC:** Aquatic & Fitness Center   **BC:** Birch Court   **CC:** Cedar Court   **CR:** Citrus Room

**GWBR:** Galen Walker Board Room   **MC:** Maple Court   **MH:** Meeting House

**MSL:** Maury Smeltzer Lounge   **MVDR:** Mountain View Dining Room   **PC:** Pinecrest

**SL:** Southwoods Lodge   **WHS:** Woods Health Services   **WR:** Welcome Room   **1:** 1st Floor   **2:** 2nd Floor

# Announcements

## **CLINIC SPECIALISTS 2026**

*Call the Clinic to make an appt. (ext. 4284)*

### **Dr. Erin Park, Podiatrist**

(9:00 a.m.—4:00 p.m.)

⇒ Aug. 10, Aug. 24, Oct. 12, Oct. 26,  
Dec. 14 & 28

### **Dr. Williams, ENT**

(1:00 p.m.)

*No Appt. Necessary*

⇒ Sept. 11, Dec. 11

### **Christensen Hearing**

(11 a.m. to 12 p.m.)

*No Appt. Necessary—First come, first served*

⇒ Aug. 20, Sept. 17, Oct. 15,  
Nov. 19, Dec. 17

### **Hearing Life**

(9:00 a.m. to 10:00 a.m.)

No appointment necessary.

⇒ Aug. 11, Sep. 8,  
Oct. 13, Nov. 10, Dec. 8

### **Dr. Thomas Wise, Audiologist**

(9:00 a.m. to 12 p.m.)

⇒ Aug. 4, Sep. 1, Oct. 6, Nov. 3, Dec 1

### **Wanda Eurasquin, Hearing Specialist**

(2:30—5:30 p.m.)

⇒ Aug. 26, Sep. 23, Oct. 28, Nov. 25, Dec. 23

### **Dr. Brian Alva, Optometrist**

(9:00 a.m. to 2 p.m.)

⇒ Sep. 30, Nov. 25

## **DATES TO REMEMBER—AUGUST 2026**

AUG 1 – INTERNATIONAL MAHJONG DAY

AUG 6 – ROOT BEER FLOAT DAY

AUG 8 – SNEAK SOME ZUCCHINI ONTO YOUR  
NEIGHBOR'S PORCH DAY

AUG 9 – BOOK LOVERS DAY

AUG 13 – LEFT-HANDERS DAY

AUG 16 – TELL A JOKE DAY

AUG 17 – THRIFT SHOP DAY

AUG 21 – SENIOR CITIZENS DAY

AUG 24 – PEACH PIE DAY

AUG 28 – BOW TIE DAY

## **BOOKWORMS**

### **BROKEN COUNTRY**

by Clare Leslie Hall

Saturday, August 8, at 1:30 p.m.

Galen Walker Board Room



## **IN MEMORIAM**



Please keep in your thoughts and prayers the families and friends of the following Hillcrest residents who have passed away.

**Martha Hazard** 6/29/2026

**Myrna Shepard** 6/29/2026

**Doris Frick** 7/02/2026

**Yvonne Davis** 7/11/2026

## **Program Disclaimer**

From time to time, Hillcrest welcomes guest speakers, presenters, and vendors who share information, services, or activities with residents. Participation by these individuals does not imply endorsement by Hillcrest of their views, products, or services.

# Announcements

## ***Did You Know?***

By Barbara Forgey

- ⇒ If you ever find yourself in a situation where you need to use your emergency pendant to summon help, you need to PRESS and HOLD the button until you feel your pendant VIBRATE. The vibration is a signal that security has been notified that you need assistance.
- ⇒ If you are using your pendant to call for someone else, you need to stay with them because security will be trying to locate the emergency following the signal from your pendant.
- ⇒ If the battery in your pendant is low, it sends a signal to let the system know. Operations will then replace the battery.
- ⇒ For people just moving to Hillcrest, we have available three separate trash containers. The grey bins are for clean recyclables which includes paper, cardboard, bottles and cans. The green bins get the leaves, grass, kitchen scraps (Not Meat), pizza boxes and paper napkins. The black bins or dumpsters, get fabric, glass, wood, metal, bathroom trash, Plastic Bags, the clear plastic cups and clear plastic clamshell containers from the dining room and other trash that doesn't belong in the grey or green bins. Help us recycle responsibly.

## **Hillcrest Singers**

Singing is good for the body and for the soul! Singing together does not need to be perfect to be magic! HILLCREST SINGERS fully subscribe to this philosophy, and we want to share this magic with you!!

If you are a seasoned singer, remembering the joy you felt when singing with a choir, or if you have never sung and are looking for an uplifting experience, **HILLCREST SINGERS** is here for you!! Come, check us out!

We begin rehearsing on  
**Wednesday, September 2,  
3:30 - 4:45, in the Chapel.**  
No auditions!  
Just Fun!



## **Rosh Hashanah Dinner**



will be held on  
Wednesday,  
September 9th

Check the September  
Happenings for more info.

## **Dress a Girl**

Dress a Girl will be meeting  
**Saturday, August 1 from 9:00 a.m.  
to noon in the Sewing Center**  
Room to continue working on this project. No sewing skills needed. Ironing fabric, cutting out dress pieces, and assembling dress kits are the main activities at these Saturday get-togethers. Any questions, please call Mary Burrows at ext. 4275



# Announcements

## Juanita's Gift Shop at Hillcrest

Open Monday - Saturday, 11:00 a.m. - 1:30 p.m.

### AUGUST BRINGS THE CHANCE TO —

Cheer on the Dodgers!

OR

Do some gardening!!

(NOTE: various outfits will be available for the Garden Goose through the year!)



## You're Invited to a Double Celebration!

Join us as we celebrate two remarkable milestones for Bill and Joanne Wagoner!

On **Saturday, August 22, 2026**, we will honor **Bill's 90th birthday** and celebrate **Bill and Joanne's 65th wedding anniversary**. Hillcrest residents are welcome to drop by the party!

**Date:** Saturday, August 22, 2026

**Time:** 1:00–3:00 p.m. (*Drop in anytime!*)

**Location:** Maury Smeltzer Lounge

**Dessert Bar**



Whether you've known Bill and Joanne for decades or more recently, we'd love for you to stop by, share a favorite memory, and help celebrate these extraordinary milestones. Your presence will make the afternoon even more special.

We look forward to celebrating with you!

# Announcements

## Resident Forum

Monday, August 10

Meeting House



Come for Coffee, Donut Holes and  
Music

from 9:30—10:00 a.m.



Forum Program  
at 10:00 a.m.



Join your friends and neighbors for an informal  
coffee time.

## Attention All Crafters!

The Craft Fair will be held October 16th & 17th.  
Please pick up your  
application at the  
Front Desk to  
apply. Only residents  
& associates can be  
vendors. Booth space  
is limited. If you have any questions please  
contact Lois Offstein at ext. 4133.



COMING SOON!



## Shared Journeys: *Honoring Memories, Finding Hope*

Due to the overwhelming response from our  
recent survey, the Social Work Department is  
pleased to offer a new **Shared Journeys**  
support group focused on navigating loss or  
another significant life change.

Beginning this **September**, this supportive  
conversation group will offer a safe space to  
share experiences, honor cherished memories,  
find comfort in connection, and remind one  
another that no one has to walk this journey  
alone.

Interested in participating? Contact **Nicole  
Abapo, ext. 4037**, or **Ashley Spicer, ext. 4148**  
to be added to our **interest list**.

**Watch for additional information and  
registration details in September!**



## Occupancy Snapshot

(as of 7/23/2026)

|                                         | Homes      | Occupied   |              | Reserved |              |
|-----------------------------------------|------------|------------|--------------|----------|--------------|
| Residential Campus                      | 180        | 173        | 96.1%        | 6        | 99.4%        |
| Village Suites                          | 9          | 9          | 100.0%       | 0        | 100.0%       |
| Pinecrest                               | 20         | 18         | 90.0%        | 1        | 95.0%        |
| Maple Court                             | 26         | 25         | 96.2%        | 0        | 96.2%        |
| Birch Court                             | 34         | 30         | 88.2%        | 0        | 88.2%        |
| Cedar Court                             | 14         | 12         | 85.7%        | 0        | 85.7%        |
| SouthWoods Lodge                        | 24         | 22         | 91.7%        | 1        | 95.8%        |
| *Numbers may reflect internal transfers |            |            |              |          |              |
| <b>Total RCFE</b>                       | <b>307</b> | <b>289</b> | <b>94.1%</b> | <b>8</b> | <b>96.7%</b> |
| Woods Health Services                   | 59         | 40         | 67.8%        |          |              |

# Administrative News

## ASSOCIATE SPOTLIGHT: CHRISTINE SULLIVAN

By Sharon Wulfensmith

What is **stick** but not sticky?  
What is **dogged** but not a dog?  
What is **grit** but not grits?  
What is **ten** but not 10?

Answer: **stick-to-itiveness**. That refers to the character trait of **dogged** determination, the plain **grit** of not giving up, and the **tenacity** to hold it all together.



This is who Christine Sullivan is. After graduating in 1967 from Montclair High School, she married a man in the U.S. Navy and lived in South Carolina and Connecticut. When things went awry, she divorced and returned to Montclair to live temporarily with her parents. Even though she faced obstacles and seemingly impossible challenges at that time, she persisted, and found a good paying job. The General Dynamics Company in Pomona, a major missile and aerospace manufacturing plant, needed workers that could follow intricate instructions to assemble circuit boards for the U.S. Navy. Having the **stick-to-itiveness** to keep on keeping on, she worked there for 18 years. During that time, she met and married her husband, John Mazziotti Sullivan. Next January they will celebrate their 50<sup>th</sup> anniversary. They have a daughter, Linda, and are active in their grandson's life, Brandon, 29.

While still in high school, Christine developed a friendship with her boyfriend's grandmother who lived in an *Old Folks Home*, as it used to be called. "Maybe one day I could work with senior citizens," she often thought, never dreaming that one day she would find her way to a place called Hillcrest, (which is certainly **not** an Old Folks Home). Christine's thoughts stuck with her.

For example, when Christine delivers food to a resident named Leila, she interacts with her, making Leila feel special and important. She's like a beam of sunshine at noon time. In turn, Leila resident treasures an affection for Christine. Christine says, "Leila has made a special place in my heart." For these two women, the words, *I love you*, tumble gently from their lips.

**Stick-to-itiveness?** Absolutely! Even though work as a Dining Hall Server and Delivery Person may be difficult or tedious at times, Christine has persisted at Hillcrest for 26 years. In that time, she has seen many changes here. The building of our beautiful Meeting House, new buildings for Pinecrest, Birch and Maple Courts, and the expansion of our Dining Room.

Strike up a conversation with Christine. You'll be glad you did!

# Administrative News

## Master Planning Update

By Matthew Neeley

Hillcrest hosted four architectural firms for tours of the campus in June. In July those same four firms were interviewed and invited to provide a presentation to a team of 8 residents and Board members, five staff, and three representatives from GSI, our Master Planning Consultant. After four hours of interviews and presentation, the SmithGroup was unanimously selected as Master Planning Architect. They are experts in our field.

Our next step in the process will be to host a large group Listening Session on Thursday, August 20<sup>th</sup> at 10:00 a.m. in the Meeting House. All residents are invited to attend.

Some have asked why we are engaging in Master Planning at this time. In a nutshell, we know that Woods Health Services was built in 1968 and opened in 1969. And after 57 years, many structural challenges remain. The building itself has reached a period of its life cycle where it makes more sense to invest in a new modern care environment with new technologies, private showers, and a brand new infrastructure that supports residents.

In expressing concern about the aged physical plant, I do not mean to disparage the hardworking, caring staff who dedicate themselves so selflessly every day for the care of our residents. We have a wonderful team at Woods and we care about them. We want to provide a better living environment for residents with higher acuity needs and a better work environment for our associates.

In the three-year strategic plan approved by the Board of Directors in 2026, several strategies related to long-range planning and development include the following:

**Goal #4 Plan, Develop, and provide a modern campus with amenities that align with the values and expectations of current and future residents.**

### **Modern Campus:**

- 1. Complete the Gateway Project.**
- 2. Engage a Master Plan Consultant to design a Master Site Plan to guide Hillcrest through future developments over the next 15-20 years.**
- 3. Centralize Hillcrest's Care Environments near the Village Center:**

**(Continued on next page...)**

# Administrative News

## Master Planning Update (Continued)

- a. Design and build a **New Memory Care Environment** at Hillcrest to accommodate a greater number of residents in a brighter and more pleasant and modern care setting.
- b. Design and build a **New High Acuity Care Environment** (“care suites”) to accommodate residents who are less mobile and who require higher levels of assistance and care as allowed by DSS/RCFE regulation.

### Long-Term Planning:

4. **Reduce/Eliminate Dependence on Federal Funding** by outsourcing insurance-reimbursed skilled nursing care to partner agencies and by providing long-term custodial care in a modern residential care environment with private rooms and private showers, a higher frontline caregiver ratio, and a lower cost per day than at Woods.
5. **Update the Hillcrest Master Plan** with the City of La Verne.

The above strategies will meet the needs of both today’s and tomorrow’s residents.

The new care environments are in the conceptual phase of planning. Each of the ideas above will be tested through various analyses and studies. Woods needs to be replaced. New care environments need to be built. Actuarial studies of historical demand plus our expected growth can tell us how many accommodations each of these new neighborhoods will need to offer.

Part of the role of the Master Planning Consultant and Master Planning Architect will be to propose creative ideas and solutions to bring best practices and innovation to our campus—solutions that will best serve residents to and through the decades ahead.

The location of these environments and many operational decisions will be determined in the process. Our dreams will be vigorously tested and vetted by expert partners.

The above initial ideas have been presented to all residents on multiple occasions. While they are not new, we are now taking steps forward.

Some have questioned whether we ought to build a new skilled nursing facility or a less-clinical/more residential environment that offers high acuity services in a modern neighborhood

(Continued on page 10)

# Administrative News

## Master Planning Update (Continued)

setting. Hillcrest has hired expert consultants in our field who are presently conducting detailed financial analyses of our skilled nursing operations. This mapping of our current services will allow us to run scenario comparisons on creative alternatives to confirm the best solution for our community long-term.

I am confident that as we walk intentionally towards our optimal future as we see it today, that doors will continue to open—our optimal paths will become increasingly more clear.

Services that we will offer will attract new generations of residents to Hillcrest and allow them to experience the joy of this wonderful community. Present generations of residents will set the stage for those that follow, just as they received this wonderful community from the hands of those who preceded them. And aren't you grateful? Yes. We are all grateful for the foundation laid by those who came before. And will take up the torch in our generation as they did.

What an exciting time! We have much to do and much to be grateful for. I will share more updates as we walk this path together. Thank you for your support, for your confidence in the Board, in the Leadership Team, and in the values that hold us together.



## COMMON GROUNDS

*Coffee • Conversation •  
Community*

**Pull up a chair. Coffee is on us.**

Looking for a friendly place to connect with others? Join us for **Common Grounds**, a welcoming monthly gathering where residents can enjoy coffee, tea, pastries, and meaningful conversation in a relaxed and informal setting.

Whether you're navigating life's changes, looking for encouragement, interested in hearing others' experiences, or simply hoping to meet new neighbors, there's always a place for you at the table.

There is no agenda, no pressure to participate, and no commitment to attend every month. Come when you can, stay as long as you'd like, and enjoy conversation at your own pace. Conversation cards will be available at each table to help get discussions started, but where the conversation goes is entirely up to those gathered around the table.

**Monthly • Drop in anytime • No registration  
required**

Because sometimes the best conversations  
begin over a cup of coffee.

**Location:** Private Dining Room

**When:** The last Thursday of every month

**Beginning:** August 27

**Time:** 10:00 a.m.

# Associations & Committees

## Residents Association

Resident Forum

Standing  
Committees

Neighborhood  
Chairs

3 Board  
Representatives

### Residents Association Council

#### Executive Committee

*Chair: Rita Dixon*

*Vice Chair: Judy Kearns*

*Secretary: Carol Beekman*

*Treasurer: Don Samuels*

*Asst. Treasurer: Joe Cahill*

#### Hillcrest Board

#### Voting Resident Representatives

*Dan Lane*

*Margie McEnery*

*Karen Weed*

#### Standing Committee Chairs

##### Dining Services Committee:

*Catherine Battaglia*

*(1st Tuesday, 10 a.m. — GWBR)*

##### Facilities: Jim Sinnema

*(3rd Tuesday, 10 a.m. - GWBR)*

##### Library Team: Roger Westman

*(2nd Tuesday, 3:00 p.m. —*

*Library)*

##### Neighborhood Chair

*Coordinator: Nancy Klinkhart*  
*(as needed)*

##### Nominating: Margie McEnery

*(as needed)*

##### Social Activities Committee:

*Anita Chalmers*

*(1st Thursday, 3 p.m. — Citrus  
Room)*

##### Wellness: Nancy Sassaman

*(3rd Wednesday, 2 p.m. GWBR)*

*Jan, Mar, May, July, Sept, Nov*

## Residents Association Update – August 2026

By Rita Dixon, Chair



August is here, and it is the middle of the summer. At Hillcrest we have two new, exciting Committees which are meeting. The Transportation Committee, co-chaired by **Keith Kasin** and **Andrea Lopez**, has met as a committee of about 14 members. They have formed subcommittees to address specific topics, to look at solutions to the transportation issues, now and in the future. The second

Committee is the Master Planning Committee which is advisory to the CEO in looking at the future building plans for Hillcrest. There is a listening session for residents on August 20 at 10 a.m. in the meeting house. Be sure to calendar this meeting and be heard.

August 10 is the date of the next Forum which starts at 10 a.m. We have several guest speakers: **Shirley Turner**, Director of Sales and Marketing will speak about the importance of Marketing for Hillcrest, and our CEO, **Matthew Neeley** will be speaking about the progress made in three priorities identified in the Meet and Greet sessions. These will be Security, Maintenance and Staff Oversight. We will have a new agenda item, called “Access Hillcrest” as well as announcements about other fun events for Hillcrest residents which are coming up. Be sure to attend so you get the details. Come at 9:30 a.m for donut holes, coffee and music.

If you have any other ideas about Forum topics, please let me know. One idea that we are thinking about adding to the agenda is a presentation on Waste Management. An important topic brought to us from the Wellness Committee.

# Associations & Committees



## Hillcrest Library Tidbits

by Roger Westman

### New Arrivals

What do the following authors have in common?

Robyn Carr, Jennifer Chiaverini, Patricia Cornwell, Sophie Hannah, Faye Kellerman, Lura Lippman, Maggie O'Farrell, Ann Patchett, James Patterson, Danielle Steel, Brad Taylor, and Don Winslow.

Not only are they amongst the favorites of Hillcrest readers, but all of them are currently represented on the **New Arrivals** shelves in the library! Yes...we have one or more recent additions to our collection from each of these popular authors. Come in and take a look!

### *Theo of Golden*

In last month's *Happenings*, you read opposing reviews of this very popular book. And many other Hillcrest readers have recorded their opinion of the book on the "Thumbs Up/Thumbs Down" log in the library. For those who have read the book but not yet voiced an opinion, the Thumbs Log remains; let us know what you think!

If you have not yet read *Theo*, and are curious what all the buzz is about, you are encouraged to check-out the book, whether from Libby, the public library, or Hillcrest's Library. Please note: due to the popularity of this title here at Hillcrest, the book may be checked out. If that is the case, please contact a member of the Library Team and we will waitlist you for the book. For those readers who prefer, a large print copy of *Theo* has been ordered, and should be available in our collection by mid-August!

### New Furniture

The Library benefitted from Hillcrest's new furniture purchase last month. Thank you, Hillcrest, for our beautiful new table and chairs!

Please note, the Library—and its table—are not intended to be a place to consume food and beverages from the adjoining Café. The new conference-style table is made of real wood. Hot food containers and beverage cups—both hot and cold—may leave rings in the wood finish. Our new furniture will look beautiful for a long time, as long as it is used for reading only! Thank you for your consideration and cooperation!

# Associations & Committees



## Suggestions for Inspired Reading

by Julie Kurtz

Queen Elizabeth, Franklin Delano Roosevelt, WWII Heroes, Religious Leaders, Hollywood Notables and so on: Yes, we have these in the Biography/Memoir section of our fine Hillcrest Library, and we encourage you to find out more about these folks and their remarkable lives....

**HOWEVER**, for a fascinating read in the warm month of August, may I suggest the following biographies/memoirs, which bring us intriguing stories about folks who are less famous than more mainstream folks. As well, the titles grabbed my attention! So here we go:

**-Dancing Fish and Ammonites: A Memoir.** Penelope Lively.NF. Bio. 920. From her early childhood in Cairo, to boarding school in England, to social changes of Britain's twentieth century, beloved British fiction author Lively brings wisdom, and comforting philosophy to the "older set" in this beautifully written-at-age-eighty memoir. With a deeply personal look back at her life of reading and writing, she touches on themes of memory, history, self identity, aging, treasured possessions, and her love of archeology. This latter love was formed when, as a young girl, she discovered a sherd of pottery on a beach in Dorset, England. The sherd, from ancient Egyptian times, presented figures of leaping fish and swimming ammonites, thus the Book's title. Highly praised.

**-Nala's World: One Man, His Rescue Cat, and a Bike Ride around the Globe.** Dean Nicholson. NF. 636. Nic. 30-year-old Dean Nicholson set off from Scotland to cycle around the globe, to learn as much as he could about our world. His unlikely companion, an abandoned kitten he came across on a remote road in the mountains between Montenegro and Bosnia. This is the true story of a life-changing friendship between Dean and his rescue cat, Nala, as they adventure together on a bike journey circling the world. Truly an inspiring and heart-warming adventure.

**-Between Two Kingdoms. A Memoir of a Life Interrupted.** Suleika Jaouad. NF. Bio. 920. Jao. This memoir tells Suleika's battle with leukemia at age 22, her struggle of remission, and a 15,000-mile road trip to redefine her identity. She focuses on the emotional and psychological challenges of life that many folks deal with after a serious illness, where she feels she knows how to survive but not how to live. She visits strangers who wrote to her during her illness, in order to connect, find closure, rebuild her life, and find purpose after this life-altering event. "Fierce, tender, inspiring exploration of what it means to begin again."

# Associations & Committees

## Suggestions for Inspired Reading (Continued)

**-Talking to GOATs: The Moments You Remember and the Stories You Never Heard.** Jim Gray. NF. 796. GRA. Gray, twelve-times Emmy Award-winning and Hall of Fame sports broadcaster and interviewer, shares his insightful career, exploring the never-before-told stories and moments of famous sports legends he has covered. To name a few: Ali, Brady, Kobe, LeBron, Jordan, Tyson, and more! Gray examines how money, celebrity, the media, and power interact, and how sports has led to many transformations in American society. Warm acclaim from those interviewed: Ex. From Hank Aaron, "He stood up for me with tremendous integrity and principle. He suffered the consequences for doing what was right on my behalf and for others for a just cause. I will never forget his honor and honesty. "From others: "Honest" "Integrity" "True" "Trusted Friend". Vin Scully gave this praise: "...I love the storytelling he captures...So please pull up a chair and enjoy this fascinating narrative that details his life with so many of the icons, just as I have."

Yes, we have many lovely memoirs and bios! You, too, can "pull up a chair" and enjoy these narratives! May you find just the perfect read for a hot summer day!

Again, many thanks for book donations or monetary donations that keep our fine library vibrant and relevant!

## Toward a More Accessible Hillcrest

by Chaplain Jana, on behalf of the Accessibility Committee



Over the coming months, the Accessibility Committee will share a series of brief educational segments at Resident Forum. Our hope is a simple one: to help all of us understand more fully what it means for Hillcrest to be a community where every resident can take part in the life we share.

It is easy to think of accessibility as a concern for a few, but the numbers tell another story. Independent living is barely the majority of our community. Nearly half of Hillcrest is built for those who receive some level of services. If you consider the residents in independent living who experience challenges with mobility, vision, hearing, or cognition, it becomes clear that the vast majority of us at Hillcrest live with some kind of challenge. Accessibility, then, is not a special accommodation for a small group. It is something nearly all of us have a stake in.

(Continued on page 15)

# Associations & Committees

As we have begun this work, one idea has helped organize our thinking. The effort to become more accessible draws on two kinds of resources: the physical and the human. Both matter.

**The physical.** The first kind of work involves noticing the features of our campus that make participation easier for some residents and harder for others, and then doing something about them. Focus groups of residents and staff have identified many physical challenges on campus related to vision, hearing, mobility, and cognition. Several have been budgeted for improvement in the coming year: grading the walkway at Southwoods Lodge so it is easier and safer to travel; upgrading the interior courtyard at Woods so that residents and their families can gather there comfortably; adding several automatic doors where heavy doors now sit between a resident and the room they wish to enter. More barriers will be identified and addressed in the coming years. These are concrete projects, and they ask the community to decide together that access is worth the investment. Often the barriers are ones many of us pass every day without noticing — until we listen to a neighbor for whom that same door, or that same slope, changes everything.

Much we did not understand about how our differently abled neighbors experience this campus: its spaces, and also its culture. Learning from them has changed how we see our shared life here. The aim of these Forum segments is to invite the wider community into that same learning: not to ask anyone for pity, and not to single anyone out, but to grow in awareness of one another, so that Hillcrest becomes a more interconnected place.

This is where I find the deepest meaning in the work. When we understand one another more completely, residents who have felt at the edges of community life can be more fully present and take part as contributors, not only as recipients of care. The disability rights leader Judith Heumann, often called the mother of the disability rights movement, wrote that true inclusion reaches past physical access to something larger: "the right to belong and participate in all aspects of life." That is exactly our hope.

I have come to see this as a spiritual practice. As we make room for one another by adjusting space, softening assumptions, and receiving what our neighbors have to teach, we ourselves are transformed through the process. Accessibility is not a favor a few residents do for others. It is the shape of a community where each person belongs, gives, and receives.

We look forward to sharing more at the coming Forums, and to learning together.

# Associations & Committees

## Building Connection, Unity & Belonging Together

*By Ryan Harrison, Co-Chair of the CUB Committee*

Have you ever noticed a moment at Hillcrest that made you think, *This is what community looks like*? Those moments are what inspire the work of the Connection, Unity, & Belonging (CUB) Committee.



The CUB Committee is a subcommittee of the Ethics & Health Services Committee. It is comprised of residents and associates from all over campus and each level of care and its purpose is to help foster a culture where every resident, associate, volunteer, and guest feels welcomed, valued, included, and connected. We do this by looking at both the physical spaces we share and the everyday interactions that shape life at Hillcrest. Sometimes that means recommending improvements to our environment. Just as often, it means celebrating the people and experiences that already make our community so special.

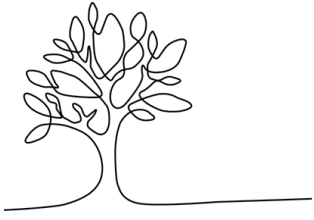
This month, we'd like to recognize two wonderful examples of CUB in action:

First, we celebrate our **Mahjongg group**, whose members recently welcomed a resident from Maple Court who had never played the game before. Rather than expecting the newcomer to simply keep up, they are patiently teaching the rules, encouraging questions, and creating a warm, supportive atmosphere where learning is just as important as winning. Their kindness is actively transforming an unfamiliar game into an opportunity for friendship and belonging.

We're also celebrating **Sports Day**, one of Hillcrest's most anticipated annual traditions. What makes this event especially meaningful is that it truly includes our entire community. Residents from Woods Health Services and Southwoods Lodge enjoy their own Sports Day celebration before the main event, with activities thoughtfully adapted so everyone has the opportunity to participate, laugh, and share in the fun. It is a beautiful reminder that belonging means creating opportunities for every resident to be part of the experience, regardless of where they live or the level of care they receive.

As the CUB Committee continues its work, we'll be looking for more moments like these. If you witness an act of kindness, inclusion, or community that deserves to be recognized, we'd love to hear about it. After all, connection, unity, and belonging are created one welcoming moment at a time.

# Associations & Committees



## Social Activities Committee

Chair: Anita Chalmers  
Assistant Chair: Lynn Richey  
Secretary: Susan George  
Treasurer: Pat Wyatt

### SUMMER FUN – BEAT THE HEAT

Looking for something to do and someone to do it with? The Social Activities Committee would like you to join us and enjoy yourself. Consider (and sign up for) the following:

#### **Saturday, August 1<sup>st</sup> 5:00 – 8:00 p.m.**

The next ***Mingle and Munch*** event “**Old Time Sock Hop**” is coming! Join us Saturday evening August 1<sup>st</sup> in the Meeting House. Groovy Tunes will perform live with your favorite songs from the days of poodle skirts and blue suede shoes. No cost and plenty to eat and drink!

#### **Game Times, August 5<sup>th</sup> 6:30 – 8:00 p.m. and August 19<sup>th</sup> 6:30 - 8:00 p.m.**

What are you doing Wednesday evenings? Come to the Café in the Meeting House to have a good time playing games while enjoying each other’s company. The 1<sup>st</sup> Wednesday of each month (August 5<sup>th</sup>) we play **Bunco**, a dice game that makes sure you meet every person in the room! The 3<sup>rd</sup> Wednesday of each month (August 19<sup>th</sup>) we play **Mexican Train** Game using dominoes. Snacks are served. We’re glad to teach you how to play!

#### **Thursday, September 24<sup>th</sup>, 8:30 a.m. – 3:00 p.m.**

Our next charter bus excursion will be a ***Southern California Beach Day!*** Join our adventure to Corona del Mar where we will visit the amazing Rogers Gardens for a couple of hours and then head to a close-by beach, with grass, ocean breeze, and a picnic. Rogers Gardens has several specialty areas where you can enjoy amazing flowers, garden décor, patio furniture if you want to rest, and a unique large Gift Shop. Plenty of benches, and all very walkable.

Then on to the beach to enjoy the sound of waves, watch the bikes go past on the bike path, dunk your feet in the ocean, and have a picnic. These excursions fill up fast, so mark your calendars to sign up beginning September 1<sup>st</sup>. The bus will drop us off very close to the grassy picnic table area where walking is very level and accommodates walkers. The September Happenings will include a sign-up form which will be due between 9/1 – 9/10. These tours usually fill up fast so get your form and payment submitted when you receive it. Cost is \$30, including a box lunch. If you can bring a beach chair you will have a comfy seat. But if you need a chair, we will bring some (folding chairs only).

Remember that the Café and Welcome Room are available for your enjoyment until 7:30 p.m. every day! A great place to enjoy a glass of wine after dinner, watch the Big Screen TV with friends or for Sports, Movies, etc., read your book, put together a puzzle, or play your own games with your group. Games are furnished in the game cabinet under the TV. Enjoy these newly updated rooms – they are for us to use.

# Associations & Committees

## Transportation Committee Begins Its Work

*By Ryan Harrison, Transportation Committee Member*

Improving transportation has been a topic of conversation at Hillcrest for several years. Many residents may remember the Transportation Town Hall held three years ago, where valuable feedback was gathered about the challenges, needs, and hopes surrounding transportation services. Following that meeting, the feedback was analyzed and organized into a comprehensive report outlining resident needs and desired improvements. While various factors delayed moving those recommendations forward, transportation has remained an important priority. As part of Hillcrest's current Strategic Plan, Executive Leadership has identified a key initiative to redesign transportation services to improve resident mobility and convenience.

To support this effort, Chief Operating Officer **Keith Kasin** and co-chair **Andrea Lopez** have convened a new Transportation Committee made up of 15 residents and associates, representing multiple departments and levels of care across campus. The committee held its first meeting in mid-July and is now beginning the work of evaluating Hillcrest's current transportation system and identifying opportunities for improvement.

To make the project more manageable, the committee has been organized into three Task Forces. The first will focus on the resident experience, exploring transportation needs, scheduling, technology platforms, and how residents interact with the system. The second will examine standards and policies, including service hours, geographic boundaries, transportation options, and associated costs. The third will research partnerships and vehicles, evaluating possibilities such as Uber, Lyft, GoGoGrandparent, Access, GetAbout, and other resources that may complement Hillcrest's services. Before each Task Force begins its work, a smaller planning team of residents and associates will develop work plans to guide each group's efforts and ensure shared goals.

The committee will also benefit from important groundwork already completed. Resident **Mick Leh**, with assistance from artificial intelligence tools, developed the draft "Hillcrest Resident Transportation Program," which provides an overview of potential transportation considerations and opportunities. **Karen Clobes** conducted the extensive work of gathering and analyzing transportation utilization data, including information pulled from calendars and other sources, resulting in the "Transportation Utilization Summary and Bus Utilization Summary." **Chaplain Jana** assisted with processing and organizing this information through AI tools to help create the final reports that the committee will use.

Transportation affects independence, access to healthcare, social engagement, and overall quality of life. While meaningful improvements will take time and careful planning, the committee is excited to begin this collaborative process. We look forward to sharing updates with the Hillcrest community as the work progresses in the months ahead. Please contact Keith Kasin ([kkasin@livingathillcrest.org](mailto:kkasin@livingathillcrest.org), ext. 4393) with any questions or feedback.

# Associations & Committees

## Landscape Committee

By Vaughan Inman

### Plant of the Month: Fragrant Pitcher Sage

Fragrant pitcher sage (*Lepechinia fragrans*) is an evergreen, aromatic California native shrub with lavender flowers that attract pollinators and thrives in sun or light shade with minimal watering. It is a member of the mint family. It blooms in the spring, summer and fall. In the wild, this California native has a limited range, from Santa Barbara in the north to Catalina Island in the south, and from Santa Rosa Island in the West to the San Bernadino National Forest in the East. It grows 3 to 5 feet tall and about equally in width. It tolerates a range of soils. It can be used as a hedge, but care must be taken to avoid trimming it back to its woody undergrowth.



# Creative Corner

## ~\*~ IT'S THE LITTLE THINGS ~\*~

You call a friend  
and no one is home - -  
There are more white hairs  
in your favorite comb . . .  
    It's the little things  
    that get you down.

The seeds that you planted  
are not going to sprout - -  
The spot on your new shirt  
is hard to get out , , ,  
    It's the little things  
    that get you down.

You're wearing new shoes  
and you stub your toe - -  
A good book is beckoning  
but it's time to go . . .  
    It's the little things  
    that get you down.

== == == == == ==  
You're shopping at the store  
and there's no one in line - -  
You wake up in the morning  
and you're feeling just fine. . .  
    It's the little things  
    that raise you up.

You turn on the radio  
and they're playing your song - -  
Someone apologizes  
and says they were wrong. . .  
    It's the little things  
    that raise you up.

You open your mailbox,  
a friendly letter is there - -  
The Dining Room is serving  
your favorite fare . . .  
    It's the little things  
    that raise you up.

(Continued...)

The "little things" of every day  
may seem inconsequential . . .  
But the little ones that raise you up  
add to positive potential . . .  
Maybe it's all in the balance . . .

## > > IN PLANE ENGLISH < <

Ahh! The English language,  
Where mysteries abound --  
If you ever need to spell a word  
You can't go just by sound.  
There are so many words  
That don't follow the rules --  
I'll give you some examples.  
I can't provide any tools . . .

comb -- tomb  
waste -- waist  
rock -- talk  
taking -- aching  
laid -- prayed

There are many, many more,  
I gave you just a few --  
Here's the "e-a combination"  
That could confuse even you . . .

treat -- sweat  
heave -- heaven  
cream -- instead  
bean -- learn  
teach -- weather

Now here's a real "toughie".  
The "o-u--g-h combination" --  
This could be the prize  
For your ultimate frustration . . .

bough -- now  
through -- two  
cough -- off  
enough -- stuff  
bought -- lot

There are numerous others,  
But I'm no longer enthused - -  
Just a few more of these  
And I'll be totally confused!

- Cecilia Stephens

# Creative Corner

## MY IRISH MOTHER

At first, you walked slightly bent  
as if you carried a burden on your back  
for which you made slight adjustment.  
Later, your balance seemed uncertain,  
you reeled when you stood.  
I'd watch you, always within reach.  
Though you said nothing,  
to stand itself was tricky.  
You rose in stages from the kitchen table.  
Again and again, you said nothing.  
I went along, pretending for your sake.

But, when you tried to climb into the car  
on the passenger side, you angled your  
spine,  
Your leg buckled beneath you.

You fell into the damp muddle of leaves.  
Even then, I should have said nothing,  
only leaned over to grab your hand,  
hoist you up again.  
I couldn't help it. Your name tore out of me,  
blood and muscle of my heart.

Beside me, your eyes intent on the unlit  
road,  
willing me to gun the engine and go.  
I cried, though I turned the key to muffle the  
sound.  
I had to reach out for your hand to steady  
myself.  
The rock of your obstinate silence lingered.  
I flicked the headlights on and steered us  
out onto the crown of the road,  
following, by rote, the pale broken line.

—rick thielo

## *Tintinnabulation*

I've never heard the bells at Tintern Abbey,  
nor did Wordsworth in his time, nor  
did he hear the carillon at Furness Abbey  
where a sparrow sang in memory of lost chant.  
I have heard the peace bell at Holy Spirit  
Retreat House in Encino,  
And heard the praying chimes  
of St. Vincent Church on Adams and Figueroa.  
In Brooklyn I heard the evening glockenspiel  
*Play Holdy God We Raise Thy Name.*  
I heard church bells over Tyrolean hills  
in Innsbruck, not like any other.  
Visiting Paris, I heard bells and chimes  
peal over the traffic and evening air.  
I have seen the mission bells  
collected at Los Angeles Cathedral,  
mutely praising in quiet choir  
Our Lady Queen of the Angels.  
There is no emptiness these vibrations  
cannot fill; they excavate  
a deeper crater in us as they ring.  
Depth cries out to depth; I know  
how depth sounds, and the promise  
of fulfillment in the crannies of my brain,  
and chambers of my heart.  
Ringing, tolling, pealing, pacing  
the rhythmic flow of blood within me,  
the throb of peace, the call to prayer.

— Bob Doud



INVITES YOU TO EXPERIENCE

## *Talking Textiles*

*This is a Unique Intergenerational Conversation  
Created in Textiles*

Inspired by Artist & Instructor, **Gary V. Lett**

In conjunction with The African American Museum of Beginnings



The renowned Gee's Bend quilters of Alabama transformed fabric into artistic treasures that celebrate the rich heritage of Americans of African descent. Inspired by their legacy, a group of Pomona Valley elders and youth came together over the course of a year to create something equally meaningful. The pieces in *Talking Textiles* weave together history, culture and personal expression, creating a powerful visual narrative that speaks volumes.

**This exhibit is available for viewing daily, 8:30 am to 4:30 pm, until September 25, 2026.**

A gift to The Gallery at Hillcrest can make a meaningful difference in supporting future exhibitions and programs, and encourage, promote and provide access to visual art in our community for both artists and patrons. Donations to support our mission can be made to Hillcrest, a 501c3 organization with designation to The Gallery.

## TALKING TEXTILES II - REVIEW

By Dale LaCasella



On July 10, 2026, in The Gallery at Hillcrest a large and enthusiastic crowd gathered to celebrate its newest offering, TALKING TEXTILES II. Described by curator, Gary V. Lett, as an “Intergenerational Conversation Art Show,” developed in connection with the African American Museum of Beginnings, this extravaganza of evocative, colorful and inventive works appeals to the senses in a truly unique way.

‘Quilting gone wild’ might be one way to describe the portraits of men, women and children that adorn the Gallery walls. Each work is layered with complex textures, colors and a myriad of fabrics and decorative stitchery to create the final portraits.

Besides instructor and multi-talented artist, Gary V. Lett, thirteen other contributing artists, both male and female, ranging in age from senior citizens to teenagers, provided works included in this exhibition, which had its first public viewing at the dA Museum for the Arts in Pomona.



Gary Lett

Each artist depicted a real person who made a deep impression on their lives, from famous people, such as Angela Davis, Kamala Harris and Malcom X, to ancestors and family members. The choices of fabrics, accessories and patterns, and the stitchery techniques employed in producing these works span an amazing range. Several of the artists who attended the reception including Lisha K. Lett, Annie Toliver, Fran Rudolph, Jeannetta Hunter and Victoria Rasshan, who spoke about their inspirations and the process of creating these works in celebration of their cultural heritage and artistic expression.

As guests circulated throughout the Gallery, speaking with the artists and each other about the particular merits of each of the works, commentary overheard included “A treat to behold”, “Amazing”, and “I love this show.” The Gallery at Hillcrest encourages anyone interested in this original and imaginative genre to visit the exhibit.

The show will remain open to the public free of charge daily, 8:30 am to 4:30 pm, until September 25, 2026. The Gallery at Hillcrest continues to encourage, promote and provide access to visual arts within our community for both artists and patrons.



Artists: Annie Toliver, Victoria Rasshan, Fran Rudolph, Lisha K. Lett and Jeannetta Hunter

A gift to The Gallery at Hillcrest can make a meaningful difference in supporting future exhibitions and programs. Donations to support our mission can be made to Hillcrest, a 501c3 organization with designation to The Gallery.

# New Residents



**Wendy Wallin**  
**Northerners**



**Nancy Brazzel**  
**Park Avenue**



**Tim Toland**  
**Rose Court**



**Phil & Peggy Goss**  
**Logo Tree Court**



**Gerald Otten**  
**Birch Court**



**Michael & Margie Odanaka**  
**Easterners**

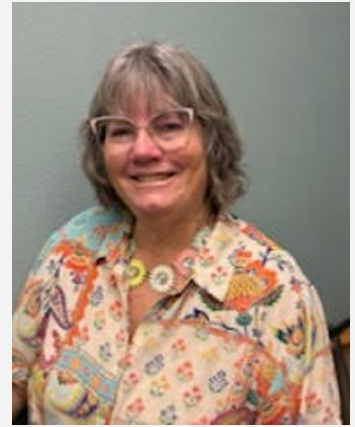
# New Residents



**Jane Kwatcher**  
**Logo Tree Court**



**Donna Wigert**  
**Park Avenue**



**Janna Southworth**  
**Promenade**



**Rebecca Xenos**  
**Pioneers**



**Carlyle Gilders**  
**Myrtle Lane**



**Jay & Sandy Justus**  
**Pinecrest**

# Spiritual Care

## August Schedule of Services and Programs

### Sundays

9:30 a.m. — **Spiritual Reminiscing & Hymn Sing** (Southwoods Lodge)  
 10:30 a.m. — **Spiritual Reminiscing & Hymn Sing** (Woods/Cedar Court in the Woods Activity Room)  
 1:30 p.m. — **Roman Catholic Communion Service** (Chapel)  
 4:00 p.m. — **Vespers** (Chapel)

#### **August 9th**

4:00 p.m. — **Singspiration** (Chapel) Join us for a good old fashioned hymn sing. As always, we'll enjoy the musical talents of Dr. Matthew Swartz.

### Mondays

9:30 a.m. — **Waking Up: Mindfulness Session** (Chapel)  
 3:00 p.m. — **Book Group: *Beyond Anxiety***, by Martha Beck (Chapel) (See next page)

### Tuesdays

7:30 a.m. — **Men's Bible Study** (GWRB)  
 9:30 a.m. — **Waking Up: Mindfulness Session** (Chapel)  
 11:00 a.m. — **Adventures with Southwoods Lodge** (SWL)

#### **August 18th**

1:00 p.m. — **Seasons of Change: A Conversation About What Comes Next** (Chapel) (See next page)

### Wednesdays

9:30 a.m. — **Waking Up: Mindfulness Session** (Chapel)  
 10:00 a.m. — **Catholic Rosary** (Chapel)  
 2:00 p.m. — **Ecumenical Communion Service** (Woods Activity Room)

#### **August 5th**

12:00 p.m. — **Birthday Lunch with Chaplain Jana** (Mountain View Dining Room) See page \_\_\_\_

#### **August 12th**

10:30 a.m. — **Roman Catholic Mass** (Chapel)

### Thursdays

9:30 a.m. — **Waking Up: Mindfulness Session** (Chapel)

### Fridays

Chaplain Jana's Day Off

### Saturdays

Chaplain Jana's Day Off  
 10:30 a.m. — **Lectio Divina** (Chapel)

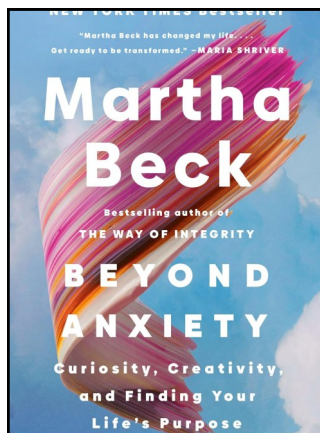
# Spiritual Care

## New Book Group

### *Beyond Anxiety: Curiosity, Creativity, and Finding Your Life's Purpose.*

By Martha Beck

Beginning Monday, August 17, join us in the Chapel for a new book group exploring *Beyond Anxiety* by Dr. Martha Beck. We'll meet Mondays at 3:00 p.m.



*Anxiety* has become part of the water most of us swim in—familiar, and hard to quiet. Beck, a sociologist and coach, draws on recent brain science to explain why worry so often loops back on itself, and why simply trying to reason our way to calm tends to fall short. Her surprising suggestion is that the path toward peace runs through creativity: when we engage the imaginative, playful parts of ourselves, the nervous system settles, and what opens up is not only relief but meaning, connection, and joy.

All are welcome—whether you'd like to read along closely or simply come to listen and talk together. Bring your questions and your curiosity.

**Date:** Mondays, beginning August 17th

**Time:** 3:00 p.m.

**Location:** Chapel

## Waking Up: Mindfulness Group

Monday –Thursday our group gathers in the Chapel for a guided meditation drawn from a variety of apps—including *Waking Up* with Sam Harris, *Insight Timer*, and others—each offering a slightly different approach, so the practice stays fresh and there's room to find what speaks to you.

**Days:** Monday - Thursday

**Time:** 9:30 a.m.—10:30 p.m.

**Where:** Hillcrest Chapel

## Seasons of Change: A Conversation About What Comes Next

This season of life brings change of every kind — a new home, a new routine, the people and places we find ourselves missing. This hour with Chaplain Jana is a chance to talk honestly about how we move through it.

We'll share a few reflections, but mostly just listen to one another. Come for as much or as little as feels right.

**Date:** Tuesday, August 18th

**Time:** 1:00 p.m. – 2:00 p.m.

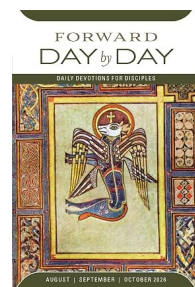
**Where:** Hillcrest Chapel

## *Forward Day by Day*

The New *Forward Day by Day* for August, September, and October, 2026 are now available.

You can find copies in regular and large print at the front desk or in the chapel.

*Day by Day* is a booklet of daily meditations reflecting on a Bible passage, chosen from the daily lectionary readings in the Revised Common Lectionary or the Daily Office from the Episcopal Church's Book of Common Prayer.



# Birthdays, Anniversaries, & Menus

## August Birthdays

|                         |      |
|-------------------------|------|
| Erika Hall              | 8/2  |
| Peggy Duke              | 8/5  |
| Nancy Brazzel           | 8/6  |
| Sandra Deibel           | 8/6  |
| Nancy Klinkhart         | 8/6  |
| Kathleen Davis          | 8/7  |
| Joseph Schechter        | 8/7  |
| Cecilia Stephens        | 8/7  |
| Lynda Appleton          | 8/12 |
| Dell Hall               | 8/12 |
| Martha Hartford         | 8/12 |
| Carolyn Curr            | 8/13 |
| John Lade               | 8/13 |
| Marian Endo             | 8/14 |
| George Loizou           | 8/14 |
| Dale LaCasella-Viatle   | 8/14 |
| Fred Miller             | 8/14 |
| Karen Watts             | 8/14 |
| Patricia Holt           | 8/15 |
| Barbara Smythe          | 8/15 |
| Beverly Jones           | 8/18 |
| William Wagoner         | 8/19 |
| Edwin Cahill            | 8/20 |
| Eleanore Schellenberger | 8/20 |
| Carol Beekman           | 8/21 |
| Helene Powers           | 8/21 |
| Michaelene Antinone     | 8/24 |
| Carl Beckwith           | 8/25 |
| Penny Hunter            | 8/25 |
| Patricia Noone          | 8/25 |
| Gerald Otten            | 8/26 |
| Connie Hines            | 8/28 |
| Vivienne Ryan           | 8/31 |

## August Anniversaries

|                          |      |
|--------------------------|------|
| Michael & Margie Odanaka | 8/4  |
| Paul & Helene Powers     | 8/11 |
| William & Linda Geneser  | 8/12 |
| James & Carole Sano      | 8/14 |
| Jim & Sheila Hunt        | 8/18 |
| Don & Julie Kurtz        | 8/18 |

Reservations at (909) 392-4140

## Birthday & Anniversary Lunch

**Wednesday, August 5, Seating at 11:00 a.m.**  
**Celebration begins at 12:00 p.m.**

- ◇ Soup of the day
- ◇ Salad of the day
- ◇ ½ of a Cornish game hen
- ◇ Salmon Vera Cruz
- ◇ Wild rice pilaf
- ◇ Rainbow carrots
- ◇ Sautéed green beans
- ◇ Dark chocolate revenge (chocolate cake)

## **End of the Month Café Special** **Monday, August 31, 5 p.m.**

- ◇ Traditional Cuban sandwich
- ◇ Served with Cuban potato salad



## **Luau Menu 2026**

**(see flyer on page 47 for event details)**

- ◇ Hawaiian macaroni salad
- ◇ Grilled tropical fruit skewers (pineapple, mango, papaya, kiwi) with a sweet pineapple glaze
- ◇ Kalua Pork (whole roast pig)
- ◇ Lauau (banana leaf wrapped mahimahi)
- ◇ Island stir fry vegetables
- ◇ Molokai (purple sweet potatoes)
- ◇ Hawaiian fried rice
- ◇ Pineapple whip (dessert)



# Resident Life & Wellness

## MONTH-AT-A-GLANCE

This Month-at-a-Glance highlights many of this month's special events and classes, but it's not exhaustive. For more details and additional opportunities, please read through the *Hillcrest Happenings* and watch the *Daily Agenda* for updates or changes.

| DATE | EVENT                                           | LOCATION            | INFO    |
|------|-------------------------------------------------|---------------------|---------|
| 8/1  | Social Activities Committee "Sock Hop" .....    | MH.....             | Pg. 17* |
| 8/3  | Brain Boost: Ronnie Gardiner Method Class ..... | MH.....             | Pg. 37^ |
| 8/3  | Book Review with Anne .....                     | WR.....             | Pg. 37  |
| 8/4  | SCAN Embrace CVS Workshop.....                  | Café .....          | Pg. 37  |
| 8/5  | Birthday/Anniversary Lunch.....                 | MVDR .....          | Pg. 20* |
| 8/5  | "End of Life Choices" .....                     | GWBR .....          | Pg. 38  |
| 8/5  | Bunco.....                                      | Café .....          | Pg. 17  |
| 8/6  | Matinee: <i>A League of Their Own</i> .....     | MSL.....            | Pg. 32  |
| 8/8  | Bike Ride with Bob & Don .....                  | MH Lobby .....      | Pg. 38  |
| 8/10 | Resident Forum.....                             | MH.....             | Pg. 11  |
| 8/11 | "Coffee with Keith" .....                       | Café .....          | Pg. 39  |
| 8/13 | Matinee: <i>The Sheep Detectives</i> .....      | MSL.....            | Pg. 32  |
| 8/14 | Dining Services Update .....                    | MSL.....            | Pg. 39  |
| 8/14 | The Center Stage: <i>Annual Luau</i> .....      | MH.....             | Pg. 40  |
| 8/17 | "Hospice Myths & Facts" .....                   | GWBR .....          | Pg. 39  |
| 8/18 | "Seasons of Change" .....                       | Chapel.....         | Pg. 28  |
| 8/18 | "Summer Celebration on the Block" .....         | A St/Lewis Dr ..... | Pg. 40  |
| 8/19 | Wanderer's Trip .....                           | Flagpole .....      | Pg. 42* |
| 8/19 | "Fall Prevention" (Assisted Living).....        | MSL.....            | Pg. 41  |
| 8/19 | "Mexican Train Night" .....                     | Café .....          | Pg. 17  |
| 8/20 | "Vaccines Recommended for Older Adults" .....   | GWBR .....          | Pg. 41  |
| 8/20 | Matinee: <i>Gidget</i> .....                    | MSL.....            | Pg. 32  |
| 8/21 | "Fall Prevention" (Residential Living) .....    | AFC .....           | Pg. 41  |
| 8/21 | Musical Program: <i>Profectus</i> .....         | MH.....             | Pg. 41  |
| 8/24 | Community Acupuncture .....                     | MSL.....            | Pg. 43  |
| 8/25 | "Six-Word Memoirs" .....                        | MH.....             | Pg. 43* |
| 8/25 | "Coffee with Keith" .....                       | Café .....          | Pg. 39  |
| 8/25 | Dining Services Re-Orientation.....             | GWBR .....          | Pg. 43  |
| 8/26 | Out-to-Lunch Bunch .....                        | Flagpole .....      | Pg. 42* |
| 8/26 | Real Talk: "Broken Hip...Now What?!" .....      | GWBR .....          | Pg. 44  |
| 8/27 | Matinee: <i>A River Runs Through It</i> .....   | MSL.....            | Pg. 32  |
| 8/29 | "Rise Against Hunger" Service Project .....     | MH.....             | Pg. 44  |

\*RSVP required for this event; see associated page for details.

^The first of a series; see associated page for full schedule.

# Resident Life & Wellness

## WHAT THE NEW ALZHEIMER'S RESEARCH MEANS FOR HEALTHY AGING

*By Dr. Ryan Harrison, Sr. Director of Wellness*

For many years, scientists have worked to develop medications that could slow the progression of Alzheimer's disease (AD). One of the most promising approaches has focused on removing amyloid plaques, protein deposits that build up in the brains of many people with AD. While these medications have generated hope, a recent review of the available research — highlighted by Drs. Dean & Ayesha Sherzai of the Brain Health & Alzheimer's Prevention Program at Loma Linda University Medical Center — suggests their benefits may be smaller than originally expected.



An independent team of researchers analyzed 17 clinical trials involving more than 20,000 people with mild cognitive impairment (MCI) or early AD. While anti-amyloid medications successfully reduced amyloid plaques in the brain, they did not produce meaningful improvements in memory, thinking, or everyday functioning for most patients. The review also found an increased risk of side effects, including brain swelling and small areas of bleeding. Although these side effects are often mild, they underscore **the importance of carefully weighing potential benefits and risks with a healthcare provider.**

While these findings may seem discouraging, they also reinforce an important truth: Alzheimer's disease is a complex condition. **Researchers now believe that many factors contribute to cognitive decline, including inflammation, blood vessel health, immune system function, genetics, and lifestyle.** As our understanding grows, scientists are exploring treatments that target these pathways in addition to amyloid.

Fortunately, there are steps we can take today to support brain health. **One of the most promising is following the MIND Diet,** which combines elements of the Mediterranean and DASH diets. It emphasizes leafy green vegetables, berries, whole grains, beans, nuts, fish, poultry, and healthy fats while limiting saturated fats and added sugars. **Research suggests that people who closely follow the MIND Diet may significantly reduce their risk of developing AD and other forms of cognitive decline, even when they begin making changes later in life.** Hillcrest is proud to offer meals aligned with the MIND Diet, making it easier to enjoy foods that support brain and overall health. Combined with regular physical activity, quality sleep, social engagement, and management of chronic health conditions, healthy eating remains one of the most effective strategies for promoting lifelong cognitive wellness.

Medical research continues to evolve, and every study brings us closer to understanding this complex disease. While there is still no cure for AD, growing evidence suggests that **the choices we make every day can help protect our brains and support healthy aging.**

(Adapted from: <https://www.thebraindocs.com/articles/anti-amyloid-drugs-alzheimers-cochrane-review>)

# Resident Life & Wellness

## HOW TO VISIT SOUTHWOODS LODGE

*By Kris Whyte, Lead Life Enrichment Coordinator*

Have you been intending to visit a loved one at Southwoods Lodge but wondered, “Where is it located?” “Are there formal visiting hours?” “How does one get in the door with the keypad entry?” “Once inside, where would the visit take place?”



Well, Hillcrest resident, **Yvonne Belcher** had the same questions and on a recent visit, she volunteered to pose for these photos in hope that they may help demystify the process for others.

Location: Southwoods Lodge is located at 2600 A Street, next door to Woods Health Services, just south of the main campus.

Visiting Hours: There are no “formal” visiting hours so you can drop by most anytime, seven days a week. You may however want to call ahead (909) 392-4136 and confirm with the shift lead that your loved one will be available at your desired visiting day and time.

Doorbell Entry: Once you have entered the front lobby, push the Ring Doorbell and a staff member will greet you and take you to your loved one.

Visiting Spaces: For your actual visit, there are a variety of options available in which to gather. Southwoods has two small family rooms and a lovely courtyard with comfortable seating throughout along with a shaded picnic table with seating for eight. Although not a requirement, if you would like to reserve any of these spaces, please call ahead to make arrangements with a shift lead at (909) 392-4136.

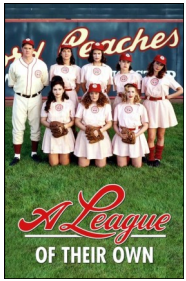
We hope to see you soon!



# Resident Life & Wellness

## THURSDAY AFTERNOON MOVIE SERIES

Matinee: 2:00 p.m. (MSL)



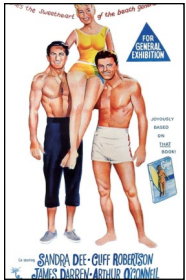
### **8/6: A League of Their Own** (1992 / PG / 2h 8m)

As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest, funded by publicity-hungry candy maker Walter Harvey (Garry Marshall). Competitive sisters Dottie Hinson (Geena Davis) and Kit Keller (Lori Petty) spar with each other, scout Ernie Capadino (Jon Lovitz) and grumpy has-been coach Jimmy Dugan (Tom Hanks) on their way to fame. Madonna and Rosie O'Donnell co-star as two of the sisters' teammates.



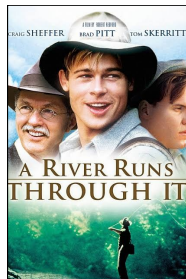
### **8/13: The Sheep Detectives** (2026 / PG / 1h 49m)

George Hardy is a shepherd who loves to read murder mysteries to his sheep, never suspecting that they can understand him. When George is found dead under mysterious circumstances, the sheep decide to solve the crime themselves, even if it means leaving their meadow for the first time and facing the fact that the human world isn't as simple as it appears in books.



### **8/20: Gidget** (1959 / NR / 1h 35m)

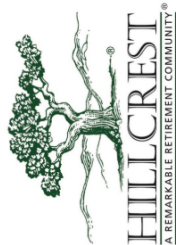
Diminutive teenager Francie Lawrence (Sandra Dee) has a bunch of boy-crazy friends, but she could care less about boys. That is, until she goes to the beach one day and meets surfer Jeffrey Moondoggie Matthews (James Darren) and his friends, including Burt The Big Kahuna Vail (Cliff Robertson). Now, Francie, whom the boys call Gidget -- short for girl midget -- wants to learn how to surf, so she buys a used board and dives into the sunny world of Southern California surfing fever.



### **8/27: A River Runs Through It** (1992 / PG-13 / 2h)

The Maclean brothers, Paul and Norman, live a relatively idyllic life in rural Montana, spending much of their time fly-fishing. The sons of a minister, the boys eventually part company when Norman moves east to attend college, leaving his rebellious brother to find trouble back home. When Norman finally returns, the siblings resume their fishing outings, and assess both where they've been and where they're going.

**Special "LitFlick" via Hillcrest's Library Team!**



# BIRCH & MAPLE COURTS

## WEEKLY LIFE ENRICHMENT CALENDAR

Contact Adriana Slaton (ext. 4358) with any questions

**NOTE:** All activities below are located in the **Maury Smeltzer Lounge**

| SUNDAY                                                                                                                                                                                                                                                                                                                                                            | MONDAY                                                                                                                                                     | TUESDAY                                                                                                                                                                                                                                   | WEDNESDAY                                                                                  | THURSDAY                                                                                                                                                                                                                                             | FRIDAY                                                                                   | SATURDAY                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>10:00am Sit &amp; Be Fit</p> <p>2:00pm The Brainy Bunch*</p> <p>3:00pm Music Program</p> <p>4:00pm Vespers*</p> <p>Residents are encouraged to visit the Activities Table (by the double doors near the stairs), work on tabletop puzzles in BC2, and enjoy a variety of games available in the BC1 kitchenette.</p> <p>* "Singspiration" every 2nd Sunday</p> | <p>10:00am Sit &amp; Be Fit</p> <p>2:00pm The Brainy Bunch*</p> <p>3:00pm Music Program</p> <p>* "Flavors &amp; Friends" every 3rd Monday at 2:00 p.m.</p> | <p>10:00am Sit &amp; Be Fit</p> <p>2:15pm Treat &amp; Trivia*</p> <p>3:30pm Fun &amp; Games</p> <p>* "Discover the Month" class every 1st Tuesday at 2:00pm; Art Class every 4th Tuesday at 2:00pm (in place of "Treat &amp; Trivia")</p> | <p>10:00am Sit &amp; Be Fit</p> <p>2:15pm Dominoes or BINGO</p> <p>3:30pm Horse Racing</p> | <p>9:30am Stories with Sharon*</p> <p>10:00am Sit &amp; Be Fit</p> <p>2:00pm Thursday Matinee</p> <p>4:00pm Fun &amp; Games**</p> <p>* Every 1st and 3rd Thursday of the month</p> <p>** May be canceled due to the length of the weekly matinee</p> | <p>10:00am Sit &amp; Be Fit</p> <p>2:15pm Dice Games</p> <p>3:30pm Activity Grab Bag</p> | <p>10:00am Sit &amp; Be Fit</p> <p>3:30pm Board Games</p> <p>Residents are encouraged to visit the Activities Table (by the double doors near the stairs), work on tabletop puzzles in BC2, and enjoy a variety of games available in the BC1 kitchenette.</p> |

Please note that the schedule above is subject to change based on staffing, new engagement opportunities, or other unscheduled activities. For the most current information, please refer to the *Daily Agenda* each day.



# AQUATIC AND FITNESS CENTER (AFC) AUGUST 2026



2700 A. STREET, LA VERNE

CONTACT THE AFC FRONT DESK AT (909) 392-4029 FOR ANY QUESTIONS

| SUNDAY                    | MONDAY                                                                                                                                    | TUESDAY                                                                                                                                            | WEDNESDAY                                                                                                                                 | THURSDAY                                                                                            | FRIDAY                                                                                                                                    | SATURDAY                                                                                                                |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>Pool and Gym open.</b> | 8:30am <b>Balance Training 3</b><br>9:30am <b>Balance Training 2</b><br>10:00am Sit and Be Fit (MSL)<br>10:30am <b>Balance Training 1</b> | 8:30am Chair Fitness<br>9:30am Specialty Series: CogniFit<br>10:00am Sit and Be Fit (MSL)<br>10:30am Mat Pilates<br>2:00pm AquaFit: 45 mins (Pool) | 8:30am <b>Balance Training 3</b><br>9:30am <b>Balance Training 2</b><br>10:00am Sit and Be Fit (MSL)<br>10:30am <b>Balance Training 1</b> | 8:30am Chair Fitness<br>9:30am Chair Yoga<br>10:00am Sit and Be Fit (MSL)<br>10:30am AquaFit (Pool) | 8:30am <b>Balance Training 3</b><br>9:30am <b>Balance Training 2</b><br>10:00am Sit and Be Fit (MSL)<br>10:30am <b>Balance Training 1</b> | 9:30am Sit, Stand, Strength!<br>10:00am Sit and Be Fit (MSL)<br>1:00pm AquaFit: 45 mins (Pool)<br>2:30pm Gentle Stretch |

Classes in **bold** require a reservation.  
Reservations for Balance Training are made on Thursdays beginning at 1:00 pm for the following week. Call extension 4029

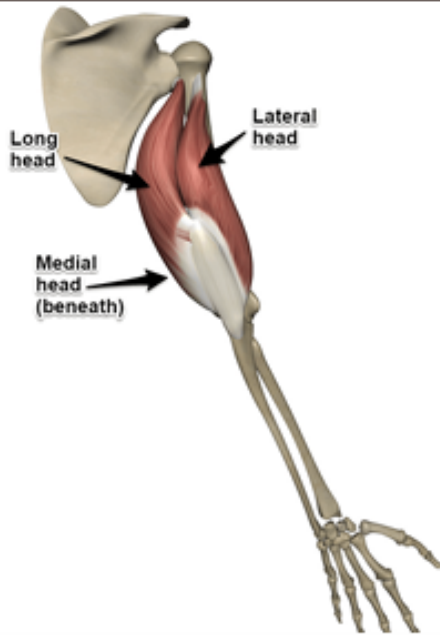
**HOURS:**  
**Monday-Sunday**  
**5:00 am-9:00 pm**

Please note that the daily schedule is subject to change, and be sure to consult your **Daily Agendas** for a confirmation of classes.



# MEET YOUR MUSCLES

**TRICEPS**  
**AUGUST 2026**



## WHAT IS IT?

The triceps (aka the *triceps brachii*) is the large three-headed muscle on the back of your arm extending from the shoulder to the elbow. The main function of the triceps is to **extend the forearm** at the elbow joint.

The triceps assist in **pushing** and **lifting** movements, like pushing yourself up from a chair or the ground, or carrying groceries. Making up about **70%** of our upper arm mass, the triceps are essential for maintaining upper body strength as we age.



## STRENGTH

- Begin in a lunge position and hinge at the hips. Hold a chair or bench for support if needed.
- Hold a dumbbell in the hand opposite of your front leg at a 90 degree angle.
- Fully extend your elbow back to lift the dumbbell, squeezing at the top of the movement.
- Repeat 10-12 times on each side for 2-3 sets.

## STRETCH

- Stand in a neutral position.
- Hold a small towel in your right hand.
- Straighten your right arm over your head and bend your elbow. Use your left hand to gently pull the towel down until you feel a stretch in the back of your arm.
- Hold for up to 30 seconds, then switch sides. Take deep, continuous breaths as you hold the stretch.

## BALANCE ASSESSMENTS AUGUST 17 - 21



It's time for the AFC's semi-annual Balance Assessments. Please come to the AFC **August 17 - 21** to complete your assessment. Arrive 30 minutes prior to close to guarantee you can be seen that day.

### Here is what you need to know:

- Anyone can be assessed! You do not need to currently be enrolled or participating in any AFC classes to receive your Balance Assessment.
- You must have the most recent Balance Assessment on file to attend **any** of the AFC's Balance Training classes.
- There is no appointment necessary. Balance Assessments are first-come, first-served.

Our team will walk you through every step of your assessment. We strongly encourage participation from the whole community, even if you don't plan on attending Balance Training classes. Our latest AFC survey showed that Balance is a priority for the vast majority of Hillcrest Residents.

**Monday, Wednesday, Friday**

**8:00am-12:00pm**

**Tuesday, Thursday**

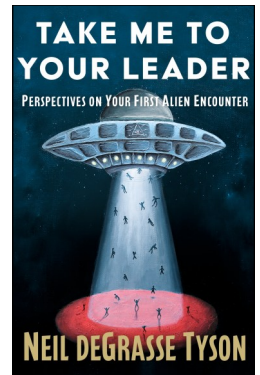
**1:00pm - 4:00pm**



# Resident Life & Wellness

## **BOOK REVIEW WITH ANNE HOGAN**

Are they here? Many people from all walks of life think so. If you have ever wondered why there are so many UFO sightings and government files, or just love movies about “creatures” from outer space, then *Take Me To Your Leader* by astrophysicist Neil DeGrasse Tyson is the book for you! Tyson offers an informed perspective that is both factual and fun. A bonus is some useful etiquette tips for your first “close encounter”!



**Day:** Monday, August 3

**Time:** 2:00 - 3:00 p.m.

**Location:** Welcome Room

## **BRAIN BOOST SERIES: THE RONNIE GARDINER METHOD**

Join **Jill Stowell & Michelle Vergara** for the next series of Ronnie Gardiner Method classes, a lively program that wakes up the brain through rhythm, movement, and music. In these engaging classes, you'll have fun with coordination exercises that use color, music, and motion to challenge the mind and body at the same time. The result? Sharper focus, stronger memory, and plenty of laughter along the way. Come experience this unique workout for the brain, lift your mood, and enjoy the fun of learning together. (Classes are \$12 each or \$60 for the whole 6-week series. No class on Labor Day.)



**Days:** Mondays, August 3 - September 14

**Time:** 2:00 - 3:00 p.m.

**Location:** The Meeting House

## **SCAN EMBRACE CVS WORKSHOP**

Join SCAN Embrace representative **Cynthia Ventura** for a “SCAN Embrace CVS Workshop” to learn how to make the most of your SCAN Embrace benefits! If you're a SCAN Embrace member, you may be eligible for a CVS stipend that can be used to purchase a variety of approved health and wellness items. During this informative session, you'll learn how the benefit works, what it can be used for, and how to access it with confidence. Not a SCAN Embrace member? You're welcome to attend, too! This is a great opportunity to learn more about the SCAN Embrace plan, ask questions, and discover whether it might be a good fit for your healthcare needs.



**Day:** Tuesday, August 4

**Time:** 2:00 - 3:00 p.m.

**Location:** The Café

# Resident Life & Wellness

## “END OF LIFE CHOICES”

All are invited to this empowering class on end of life choices during which we'll explore the topic of making informed decisions about our final stages of life, allowing us to navigate the delicate journey with clarity and dignity. **Linda Rowe**, a volunteer with End of Life Choices California (EOLCCA), will discuss advance care planning, all legal end-of-life options, including the California End of Life Option Act (also known as medical aid in dying), and the resources and support provided by EOLCCA. Hillcrest Social Worker, **Nicole Abapo**, will answer Hillcrest-specific questions.



**Day:** Wednesday, August 5

**Time:** 2:00 - 3:00 p.m.

**Location:** Galen Walker Board Room

## “THE CONNECTION CIRCLE”

You are invited to join “The Connection Circle,” a seven-week experience led by Wellness Director **Ryan Harrison**, designed to help you build deeper connections through weekly guided activities, games, and personal reflections in a small group format. Whether you are new to Hillcrest or a long-time resident, this relaxed program offers a supportive setting to share your story and build new, true friendships. Space is limited to 12 participants and attendance at all seven classes is required. Please RSVP by contacting Ryan at ext. 4392.



**Day:** Fridays, August 7 - September 18

**Time:** 2:00 - 3:15 p.m.

**Location:** Galen Walker Board Room

## BIKE WITH BOB & DON!

Do you enjoy biking? Whether you ride a classic bike, an eBike, upright, or recumbent, you're invited to join residents **Bob Sassaman & Don Kurtz** for a group ride on Saturday, August 8th. The ride will begin outside the Meeting House Lobby and will take you around Puddingstone Lake before heading back to Hillcrest again for breakfast in the Dining Room. Come along for good exercise and even better company!



**Day:** Saturday, August 8

**Time:** 7:00 a.m. Departure

**Location:** Outside the Meeting House Lobby

# Resident Life & Wellness

## “COFFEE WITH KEITH”

Join **Keith Kasin**, our *Chief Operating Officer*, for his next “Coffee with Keith” session. Like sharing a cup of coffee with a friend, these sessions will be casual and conversational, creating space for open dialogue in a comfortable setting. There’s no formal presentation and no required preparation, just an opportunity to connect, ask questions, and hear updates directly. Come with anything you’d like to discuss, whether it’s a suggestion, a concern, or an idea for how we can continue improving together. These sessions are meant to be welcoming and flexible, so don’t worry if you need to arrive a little late or step out early.



**Days:** Tuesdays, August 11 & 25

**Time:** 10:00 - 11:00 a.m.

**Location:** The Café

## DINING SERVICES UPDATE

Join our Director of Dining Services, **Amber Mora**, and her team for this check-in meeting (which will now be monthly). Hear about what the department is working on, what plans they have for the future, and how they are addressing concerns. Bring your questions and come to support them in their work.



**Day:** Friday, August 14

**Time:** 2:00 - 2:45 p.m.

**Location:** Maury Smeltzer Lounge

## “HOSPICE MYTHS & FACTS”

You’re invited to a thoughtful and eye-opening class exploring “Hospice Myths & Facts,” presented by **Dani Yamamoto** of Unique Hospice. Together, we’ll gently unpack some of the most common misunderstandings about hospice care: what it is, what it isn’t, and how it can support both patients and families with dignity, comfort, and clarity. Dani brings a grounded, compassionate perspective that helps make a difficult topic feel more human and less intimidating. Whether you’re a caregiver or simply someone who wants a clearer picture of end-of-life care, you’re welcome to join us for an honest conversation that replaces fear with understanding.



**Day:** Monday, August 17

**Time:** 2:00 - 3:00 p.m.

**Location:** Galen Walker Board Room

# Resident Life & Wellness

## ~ THE CENTER STAGE ~

This month, our Center Stage performance joins forces with our Annual Luau to create an unforgettable island celebration! We're thrilled to welcome the ***Electric Luau Polynesian Dancers***, who will bring the spirit of aloha to Hillcrest with an energetic and authentic cultural performance. Travel through the beautiful islands of Hawaii, Tahiti, New Zealand, and Samoa as talented dancers showcase the unique music, traditions,



and stories of each destination through vibrant costumes and captivating choreography. Along the way, you'll discover the true meaning of *aloha* — a spirit of love, kindness, and connection that extends far beyond a simple greeting. Whether you come for the music, the dancing, the culture, or the festive atmosphere, this special event promises an evening filled with joy, laughter, and memories you'll treasure long after the final performance. Wear your favorite island-inspired clothing and come early for a drink on the house!

**Day:** Friday, August 14

**Sipping Social:** 6:00 - 6:30 p.m.

**Performance:** 6:30 - 7:30 p.m.

**Location:** The Meeting House

## "SUMMER CELEBRATION ON THE BLOCK"

Break out the lawn chairs and grab a popsicle! It's time to enjoy summer at Hillcrest! Join our ***Marketing & Sales*** team as we welcome prospective residents to the very first of several planned summertime block parties. Bring along friends and neighbors and settle in for a relaxed, sunlit evening filled with music, lawn games, picnic bites, and easy neighborhood fun. It's a great chance to meet new people, reconnect with familiar faces, and experience the warm, social spirit that makes Hillcrest feel like home.



**Day:** Tuesdays, August 18

**Time:** 5:30 - 7:30 p.m.

**Location:** Where A Street & Lewis Drive Meet

# Resident Life & Wellness

## FALL PREVENTION BASICS FOR DAILY LIFE

You're invited to a practical and empowering class, "Fall Prevention Basics for Daily Life," led by Rehab Alliance representatives, **Anh Ha & Shannon Wingard-Miller**. This engaging session will focus on simple, everyday strategies to help reduce fall risk and build confidence with movement, balance, and safety at home. We'll be offering two tailored presentations: one designed specifically for Assisted Living residents, and another for those in Residential Living. Each group can explore the guidance most relevant to their daily routines and environments. Whether you're looking to feel steadier on your feet or simply want to stay active with greater peace of mind, this class offers practical tools you can use right away.



**Assisted Living:** Wednesday, August 19 in the MSL

**Residential Living:** Friday, August 21 in the AFC

**Time:** 2:00 - 3:00 p.m.

## "VACCINES RECOMMENDED FOR OLDER ADULTS"

All are invited to an informative presentation by **David Qu**, a pharmacy intern from Hendricks Pharmacy. Staying up to date on recommended vaccines is one of the simplest and most effective ways to protect your health as you age. In this session, Dr. Day will review the vaccines currently recommended for older adults, explain who should receive them and when, and address common questions and misconceptions.



**Day:** Thursday, August 20

**Time:** 2:00 - 3:00 p.m.

**Location:** Galen Walker Board Room

## PROGRAM: PROPECTUS CHAMBER CHOIR

Founded in 2012 by alumni of the Mt. San Antonio College Chamber Singers, the **Profectus Chamber Choir** was created by singers who wanted to continue making beautiful music together after graduation. Since then, the ensemble has delighted audiences throughout the region with exceptional choral performances. This month's program features a rich variety of music, from the moving beauty of *Earth Song* by Frank Ticheli, to the vibrant rhythms of *Tarekita* by Reena Esmail, to the uplifting *My Soul Is Awakened* by Tristino Ali. There's something in this inspiring program for every music lover.



**Day:** Friday, August 21

**Time:** 6:30 - 7:30 p.m.

**Location:** The Meeting House

# Resident Life & Wellness

## THIS MONTH'S EXCURSIONS

### Wanderers Trip

Experience the beauty, serenity, and rich cultural heritage of one of the largest Buddhist temples in the Western Hemisphere! Come along for a special guided visit to **Hsi Lai Temple**, where you'll explore stunning architecture, peaceful gardens, and beautiful shrines while learning about Buddhist traditions and culture. This is a wonderful opportunity to enjoy a day of reflection, discovery, and fellowship with friends and neighbors. Whether you're interested in history, architecture, spirituality, or simply looking for a unique outing this will be a memorable experience you won't want to miss. Afterward, we'll stop at a local Panda Express to enjoy a meal together.



**Day:** Wednesday, August 19

**Time:** 10:00 a.m. - 3:00 p.m. (approximate)

**Location:** Meet at the Flagpole (by the Clinic)

**Fee:** Tour is Free + Lunch out of pocket

**Accessibility:** Walker-Friendly

**RSVP:** Call Jacquie (ext. 4352) - Due by August 12

### Out-to-Lunch Bunch

Come join us for a delightful afternoon of great food, beautiful scenery, and wonderful company at the historic **Pomona Valley Mining Company**. Perched high above the city with panoramic views of the Pomona Valley and surrounding mountains, the restaurant offers a unique dining experience in a charming setting inspired by California's mining heritage. Enjoy a delicious menu featuring fresh salads, savory entrées, seafood specialties, and decadent desserts while taking in the breathtaking views.



**Day:** Wednesday, August 26

**Time:** 11:00 a.m. - 1:45 p.m. (approximate)

**Location:** Meet at the Flagpole (by the Clinic)

**Fee:** Out of pocket

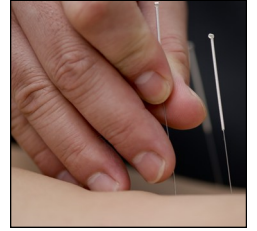
**Accessibility:** Walker-Friendly

**RSVP:** Call Jacquie (ext. 4352) - Due by August 24

# Resident Life & Wellness

## COMMUNITY ACUPUNCTURE

All are invited to this monthly “Community Acupuncture” event, provided by Hillcrest’s Acupuncturist, **Cho Reepolrujee, LAc**. This is an opportunity to come and experience acupuncture in a quiet, relaxed group setting. Cho will work with you and will be on hand to answer any questions you might have. No RSVP required; just get there a few minutes early to find a seat and settle in. Then, just experience this wonderful wellness-promoting opportunity!



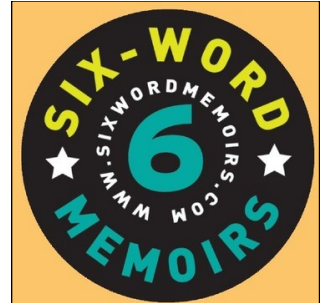
**Day:** Monday, August 24

**Time:** 10:00 - 11:00 a.m.

**Location:** Maury Smeltzer Lounge

## “SIX-WORD MEMOIRS: PART II”

Did you miss last month’s “Six-Word Memoirs” event? Or did you enjoy it so much that you’d like to do it again? Either way, you’re invited to the next “Six-Word Memoir” event, this time led by **Chaplain Jana**. Inspired by the popular storytelling movement, this experience invites you to reflect on your life, personality, wisdom, or sense of humor in just six words. Whether your memoir is heartfelt, funny, profound, or unexpected, you'll enjoy sharing stories, hearing others’ perspectives, and discovering how much meaning can be packed into a few carefully chosen words. No writing experience is necessary, but an RSVP is!



**Day:** Tuesday, August 25

**Time:** 10:00 a.m. - Noon

**Location:** The Meeting House

**RSVP:** Call Sara Trujillo (ext. 4111)

## REORIENTATION: DINING SERVICES

Every couple of months, we hold “reorientation” sessions, covering some of the aspects of life at Hillcrest that you need to know how to navigate. This month, we invite you to a refresher class all about how dining services work at Hillcrest. Come learn from our Director of Dining Services, **Amber Mora**, about the meal schedules, Dining Dollars, the “Share the Love” program, and more! No RSVP required.



**Day:** Tuesday, August 25

**Time:** 2:00 - 3:00 p.m.

**Location:** Galen Walker Board Room

# Resident Life & Wellness

## **REAL TALK: “BROKEN HIP — NOW WHAT?!”**

You're invited to the next Real Talk session, “Broken Hip — Now What?!” featuring **Maryann Yoo**, Senior Physical Therapist at Pomona Valley Hospital Medical Center. A broken hip is one of those diagnoses many people fear, often believing it marks the beginning of the end. While a hip fracture is certainly a serious injury, that common belief isn't the whole story. Join Dr. Yoo as she discusses what happens after a hip fracture, including today's treatment options, the recovery process, rehabilitation, and practical steps for regaining strength, mobility, and independence. This honest conversation will separate myth from reality and provide the knowledge and confidence to navigate the road ahead.



**Day:** Wednesday, August 26

**Time:** 2:00 - 3:00 p.m.

**Location:** Galen Walker Board Room

## **“RISE AGAINST HUNGER” WITH THE UNIVERSITY OF LA VERNE**

Join us for a meaningful service project with the University of La Verne and **Rise Against Hunger** as we help fight global food insecurity. Together, volunteers will assemble thousands of nutritious, shelf-stable meals for communities in need around the world. It's a fun, intergenerational hands-on opportunity to make a real difference! Space is limited to 30 volunteers, so be sure to RSVP with Jacquie (ext. 4352). Thank you in advance for your gifts of time, service, and compassion!



**Day:** Saturday, August 29

**Time:** 9:30 a.m. - Noon (approximately)

**Location:** The Meeting House

**RSVP:** Call Jacquie (ext. 4352)

**Next Month!**

## **“PROTECT YOUR POWER: EATING TO MAINTAIN STRENGTH”**

Strong muscles help you stay active, independent, and doing the things you love. Join Hillcrest's Dietitian, Angelica Del Rosario, RD, to discover simple nutrition strategies that can help you maintain strength and protect your power as you age. Learn how small changes to your daily eating habits can make a big difference in your health and vitality.



**Day:** Wednesday, September 2

**Time:** 2:00 - 3:00 p.m.

**Location:** Galen Walker Board Room

# Resident Life & Wellness

**Save the Date!**

## HILLCREST THESPIANS CASTING CALL!

Have you ever dreamed of being on stage, or do you simply enjoy reading stories aloud? The Hillcrest Thespians invite you to audition for our upcoming Readers Theatre production, "Grandparenting 101," the eighth comedic and heartfelt play written and directed by Al Smith. No memorization or acting experience is required. Thespians productions are a fun, low-pressure way to make friends, share laughs, and bring stories to life together. Scripts will be available at the end of August from Letha Ressler (ext. 4331) or Fran Brunsell (ext. 2561). Performances are scheduled for Friday, October 9th at 2:30 & 6:30 p.m. Come join the cast and be part of the fun!



**Day:** Tuesday, September 1

**Time:** 2:00 - 3:30 p.m.

**Location:** The Meeting House

**Save the Date!**

## JOIN THE HILLCREST SINGERS!

Do you love to sing? Enjoy making music with others? Looking for a fun way to meet new friends? Join the Hillcrest Singers! Directed by resident Deb Waas, the choir rehearses weekly and performs two concerts each year, often featuring special guest instrumentalists and soloists. Whether you're an experienced singer or simply love to sing, you'll find friendship, laughter, and the joy of making music together. And, choral singing has also been shown to support emotional, social, mental, and even physical well-being. There's nothing to lose and so much to gain! Come be part of our new choral season beginning in September. We'd love to have you sing with us!



**Days:** Wednesdays, starting September 2

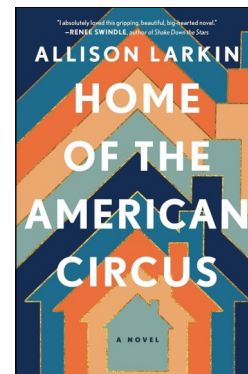
**Time:** 3:30 - 4:15 p.m.

**Location:** The Chapel

**Next Month!**

## BOOK REVIEW WITH ROGER

Step right up for an engaging book review with Roger Westman as he explores *Home of the American Circus* by Allison Larkin. Discover the fascinating story of how a small Midwestern town became the birthplace of America's circus tradition, filled with colorful characters, history, and spectacle. Join us for a lively discussion and fresh insights into this unique piece of American history.



**Day:** Monday, September 7

**Time:** 2:00 - 3:00 p.m.

**Location:** Welcome Room

# You're Invited to Tea, Cookies & Treasures!

**Tuesday, September 1st • 11:00 a.m. to 2:00 p.m.**

**Location: Thrift Store 2575 B St.**



**Open house-style event: stop by anytime between  
11:00 a.m. and 2:00 p.m.**

Browse valuable, gently loved items, discover hidden gems,  
and learn how your support helps our community.

## **What You'll Find**

Unique décor, books, clothing, accessories, collectibles, everyday essentials,  
Christmas items, and special finds.

**Resident attendees will enjoy first choice shopping for holiday treasures!**

## **Volunteer With Us**

Help sort donations, organize shelves, greet shoppers, or assist with sales. Your time makes a  
meaningful difference.

**Stop by, enjoy a treat, shop for treasures,  
and ask how to get involved!**

**For more information, call Leslie Duran at ext. 4309**



ALL ARE INVITED TO  
HILLCREST'S ANNUAL



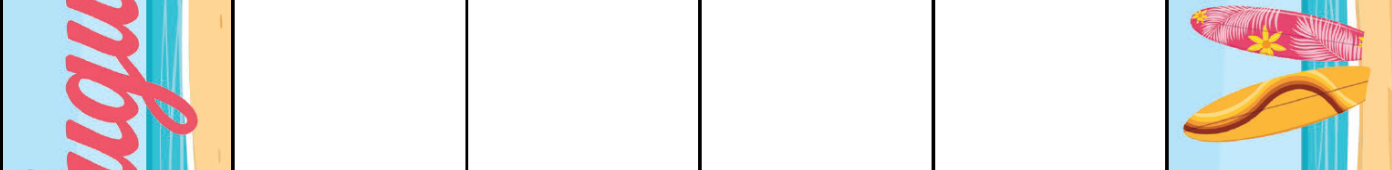
# Luau

Break out your brightest florals and favorite island wear — our annual Luau is here! Head to the Dining Room for a tropical-themed dinner full of festive food, fun vibes, and a splash of aloha. Then make your way to the Meeting House for a pre-show beverage followed by fun and festive entertainment!

**Friday, 8/14**

Themed Dinner: 5:00 p.m. (Dining Room)  
Sipping Social: 6:00 p.m. (Meeting House)  
Performance: 6:30 p.m. (Meeting House)



| Sunday                                                                              | Monday                                                                              | Tuesday                                                                              | Wednesday | Thursday | Friday | Saturday                                                                          |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------|----------|--------|-----------------------------------------------------------------------------------|
|  |  | <i>August 2026</i>                                                                   |           |          |        |  |
| 2                                                                                   | 3                                                                                   | 4                                                                                    | 5         | 6        | 7      | 8                                                                                 |
| 9                                                                                   | 10                                                                                  | 11                                                                                   | 12        | 13       | 14     | 15                                                                                |
| 16                                                                                  | 17                                                                                  | 18                                                                                   | 19        | 20       | 21     | 22                                                                                |
| 23                                                                                  | 24                                                                                  | 25                                                                                   | 26        | 27       | 28     | 29                                                                                |
| 30                                                                                  | 31                                                                                  |  |           |          |        |                                                                                   |