From the desk of Regina Cole, Shores Program Director

August was filled with an array of activities and events for Shores residents and families to enjoy. The Songs By Heart Benefit at the University Club, UC Irvine was a huge success. We would like to thank all those who attended and donated to this special music program for the Shores and we look forward to starting the program mid-September. In addition to sharing their musical talents, Shores residents have been using their craft talents by creating hand-made bookmarks, greeting cards and more. These items are available for purchase at the Shores Concierge. All proceeds will go towards the Alzheimer’s Association, Walk to End Alzheimer’s on November 7th. To donate and/or join our team, please visit act.alz.org and search for team Vivante.

On September 24th, we will be conducting our annual Flu Shot Clinic. We have partnered with Maxim Healthcare, who will provide the clinicians and supplies. If you would like your loved one to participate, please contact our Wellness Department for more information. We hope you enjoyed your summer and encourage you to join our residents and activity team for another month of exciting activities in September.

Welcome to the Shores!

Marta Lozano
Richard Huffnagle
Nial Morgan

Resident Spotlight

Fred Anderson was born on April 11, 1923 in Davenport, Iowa. He moved to San Bernardino, California as a young man. He was the youngest of his family having a brother and two sisters. Fred was an exceptional athlete at Colton High School and lettered in both track and football. Within his high school football league he was known as the “Colton Flash” and set many records. He was awarded a football scholarship to San Jose State. When World War II broke out he served honorably in the United States Coast Guard.

Fred met the love of his life, Norma, in his senior year of high school. In order to attract her attention, he sat behind her in class and pulled her hair until she noticed him. He obviously made a positive impression for they have been married for 72 years. They have a son, Fred Jr. and his wife, Marilyn, and a daughter, Judy and her husband, Jim. They also have a granddaughter, Natasha, and two great granddaughters, Madison and Mackenzie.

Fred's career was in the food industry. He ultimately became the President of The Highlighters, a California Grocery Retail Association. He was recognized, admired, and respected by many professionals in his field. His smile and loyalty were his trademark. Athletics continued to play a part in Fred’s life. He coached many baseball teams for his son as well as serving as the President of his son’s undefeated All CIF Football Booster Club during his son’s Senior year. Fred also was personally active in golf and handball. He won the California Doubles Handball tournament with his long time partner and friend.

Fred has been an exceptional husband, father, grandfather, great grandfather and friend. His integrity, honor, loyalty and selflessness is admired by all those who know him. However, his wife and children know that his most endearing qualities are his kindness and gentle heart.
Super Food – Tomatoes

Eating lots of tomatoes, any way you can, is a great thing. This fruit that acts like a vegetable is loaded with health properties. Shores residents have enjoyed eating tomatoes in our vegetable garden fresh off the vine. Here are 6 reasons why you should have tomatoes in your kitchen and pantry.

1. Tomatoes contain all four major carotenoids: alpha- and beta-carotene, lutein, and lycopene. These carotenoids may have individual benefits, but also have synergy as a group (that is, they interact to provide health benefits).
2. In particular, tomatoes contain awesome amounts of lycopene, thought to have the highest antioxidant activity of all the carotenoids.
3. A diet rich in tomato-based products may help reduce the risk of pancreatic and prostate cancer.
4. Tomatoes contain high-powered antioxidants.
5. Tomatoes are rich in potassium, a mineral most of us don’t get enough of. A cup of tomato juice contains 534 milligrams of potassium, and 1/2 cup of tomato sauce has 454 milligrams.
6. When tomatoes are eaten along with healthier fats, like avocado or olive oil, the body’s absorption of the carotenoid phytochemicals in tomatoes can increase by two to 15 times, according to a study from Ohio State University.
ACTIVITIES CALENDAR - SEPTEMBER 2015

LEGEND
- Brainpower Enhancement
- Intergenerational Activities
- Physical Wellness
- Family & Friends
- Creative Expression
- Social/Entertainment
- Physical Wellness
- Family & Friends
- Creative Expression
- Social/Entertainment

Monday
- 9:45 News and Views
- 9:45 Walking Club
- 10:00 Total Body Exercise/Dancing
- 10:30 Crazy Daisy/Reminiscing
- 10:30 Lounge Activities
- 10:00-2:00 Outing
- 1:00 Group Games
- 2:30 Cinematic Chuckers with Laura
- 9:45 Walking Club
- 4:00 Sing-a-long
- 7:00 Tuesday Movie Night

Tuesday
- 9:45 News and Views
- 9:45 Walking Club
- 10:00 Total Body Exercise/Dancing
- 10:30 Crazy Daisy/Reminiscing
- 10:30 Lounge Activities
- 10:00-2:00 Outing
- 1:00 Group Games
- 2:30 Cinematic Chuckers with Laura
- 9:45 Walking Club
- 4:00 Sing-a-long
- 7:00 Tuesday Movie Night

Wednesday
- 9:00 News and Views
- 9:45 Walking Club
- 10:00 Total Body Exercise/Dancing
- 10:30 Crazy Daisy/Reminiscing
- 10:30 Lounge Activities
- 11:00 September Trace & Other Word Games
- 1:30 Group Games
- 2:30 Art with LeeAnna
- 3:30 Cooking Show with Rosie
- 7:00 Western Wednesday Movie Night

Thursday
- 9:00 News and Views
- 9:45 Walking Club
- 10:00 Total Body Exercise/Dancing
- 10:30 Crazy Daisy/Reminiscing
- 10:30 Lounge Activities
- 11:00 Musical Bingo
- 1:30 Group Games
- 2:30 Live Entertainment/Shores
- 4:00 Discussion from True Love from Chicken Soup for the Soul
- 7:00 Theatrical Thursday Movie Night

Friday
- 9:00 News and Views
- 9:45 Walking Club
- 10:00 Total Body Exercise/Dancing
- 10:30 Crazy Daisy/Reminiscing
- 10:30 Lounge Activities
- 11:00 Outing/Sonic Drive
- 1:30 Group Games
- 3:00 High Tea
- 4:00 Music Participation
- 7:00 Movie and Popcorn: Slap-Stick Saturday

Saturday
- 9:00 News and Views
- 9:45 Walking Club
- 10:00 Total Body Exercise/Dancing
- 10:30 Lounge Activities
- 11:00 Outing/Sonic Drive
- 1:30 Group Games
- 3:00 High Tea
- 4:00 Music Participation
- 7:00 Movie and Popcorn: Slap-Stick Saturday