

Twilight Star

TWILIGHT HAVEN
RETIREMENT
COMMUNITY



1717 S. Winery Avenue | Fresno, CA 93727 | Phone: (559) 251-8417 | www.twilighthaven.com

ADMINISTRATOR'S CORNER

Hello to all of our families, life members and friends.

Winter has quickly come upon us here at Twilight Haven, and with it the Holidays. I hope you had some time over the Thanksgiving weekend to celebrate with your family and friends. I have been, and am, truly blessed to have this year.

Well by now, if you have had the opportunity to visit Twilight Haven Skilled Nursing, you would have noticed the new windows. The job is now complete, and our



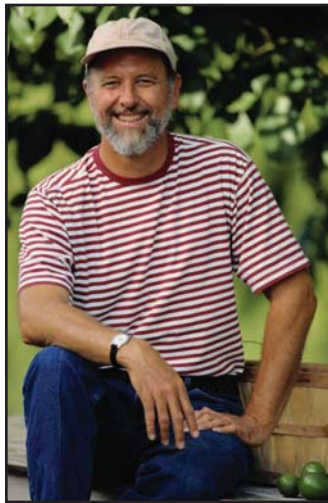
residents love it, and so do we. We should see a change in our PG&E bill over the next couple of months.

May you have a very blessed and wonderful Holiday season and a Joyous New year in 2010.

God bless every one of you, and thank you for another successful year.

David J. Viancourt
Administrator

Avoiding the Complications of Diabetes



2.2 million older Americans—almost one-fourth of us over age 60—are living with diabetes.

The complications from the disease can be severe. They include serious problems such as heart disease, eye and kidney damage, high blood pressure, and nerve damage

But patients themselves have the power to reduce the potential for complications, and to successfully manage the disease. Self-care practices such as healthy eating, being active and monitoring blood glucose levels make a huge difference.

So, let's review some diabetes complications, along with some positive actions that can help patients minimize damage and improve outcome:

NERVE DAMAGE Nerve damage called *diabetic neuropathy* can appear as numbness, tingling, pain, perspiration problems and bladder problems. It is caused by high blood sugar. You can help control your blood sugar through eating the diet your healthcare provider suggests, as well as with exercise, taking medications correctly and frequent blood glucose level testing.

INCREASED RISK OF INFECTION For people with diabetes, high levels of blood sugar foster the growth of bacterial and fungal infections, especially common in the skin and urinary tract. You can decrease the risk of infection by keeping skin clean and dry, bathing regularly, drinking plenty of water, and reporting to the doctor if a cut doesn't heal quickly.

SEE **DIABETES** ON PAGE 2

> **DIABETES** FROM PAGE 1

IMPAIRED VISION Over time, high blood sugar can injure the blood vessels of the eye, including the retina, lens and optic nerve. Regular eye examinations should be part of your diabetes management program, because early intervention for eye problems will help prevent more serious problems later. Remember—damage to the eyesight may not be apparent at first, so have an annual exam even if your vision isn't bothering you.

FOOT PROBLEMS. While anyone can have foot problems, people with diabetes are especially prone to corns, blisters, calluses, dry, cracked skin—and serious infection is much more common because the nerve damage described above can reduce feeling in the feet. It is important to pay attention to your feet, inspecting them regularly so problems won't worsen. Keep feet clean and dry, and talk to your healthcare provider about the best type of shoes and socks to select.

HEART OR KIDNEY DISEASE. Diabetes also makes it more likely that a person will suffer from cardiac or renal disease. A healthy lifestyle and commitment to managing those conditions is very important. This includes getting the right amount and type of exercise, complying with medication instructions, quitting smoking if you do, and regular monitoring of blood sugar.

TWILIGHT HAVEN BOARD OF DIRECTORS

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My Christmas Gift Donation to Twilight Haven

IN MEMORY OF _____

\$200.00 FOR VERTICAL BLINDS

FROM _____

OR \$ _____ FOR _____



Memorials



Would you like to make a memorial contribution to Twilight Haven? See page 4 to complete a Memory Card.

In Memory of Lenora Mann
Ernest and Diane Bachelor
Mrs. Bud Richter

In Memory of Henry Sawatsky
Louise V. Granum
Howard and Renee Wong

In Memory of Beatrice Steinhauer
La Verne Barnes

In Memory of Donna Sullivan
Fred and Maggie Machado
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Kenneth and Susan Berg
Richard and Mary King

In Memory of Lydia Dauer
Joseph Balisteri

In Memory of Jeannie Lee Deis Fitzpatrick
Edna Farrel
Louise Spate

In Memory of George Herzog
Roland and Heidi Roos

In Memory of Roy Lung
Ed and Marian Deis
John and Joyce Rehn

DECEMBER

- 3 Janice Shackelford
- 10 Juanita Davis
- 13 Loraine Klamm
- 15 Willie B. McCauley
- 17 Kenneth Deis
- 19 Mary Emma Harris
- 21 Joan Cope
- 22 Gilbert Schmidt
- 23 Rachael Getz
- 25 Elma Welch
- 26 Natalia Martinez
- 27 Rosemary Taylor
- 28 Emma Nilmeier
- 28 Ella Weger
- 29 Janice Deis
- 30 Cindy Singh

JANUARY

- 1 Verna Dooley
- 1 Dean McNeely
- 5 Evelyn Papagni
- 6 Elizabeth Fain
- 6 Amy Piacentini
- 12 Floyd Storie
- 13 Hazel Winter
- 14 Helen Snyder
- 16 Mary Forbes
- 18 Imogene Berg
- 18 Janett Wagner
- 19 Charles Swanbom
- 23 Beverly Steffen
- 24 Martha Shirton
- 25 Myrtle Brown
- 27 Pauline Rice
- 28 Carolyn Reinhardt

FEBRUARY

- 1 Michael Speer
- 7 Grace Mizerek
- 11 Belen Martinez
- 13 Millie Bier
- 13 Joyce Martin
- 14 George Day
- 14 Betty Irvin
- 14 Joanne Wendland
- 18 Anne Karle
- 26 Marjorie Kizirian
- 26 James Todd
- 27 Dario Caudillo
- 28 Mary O'Neil
- 28 Anita Palumbo
- 28 Betty Prewitt

Residents Celebrating Birthdays:

Memory Card

In support and encouragement of the services provided by Twilight Haven Residential Home, and in consideration of the gifts of others who have similarly supported its program of services, I enclose \$ _____, as a tax-deductible contribution to be used as follows:

- _____ Memorial Fund
- _____ General Services
- _____ Activity Fund
- _____ Capital Improvements
- _____ Development Fund
- \$ _____ Monthly Pledge

"In Memory of": _____

_____ Mail acknowledgment to

_____ Address

_____ City State ZIP Code

Gift From:
Name: _____

Address: _____ City: _____ State _____ ZIP _____

Mail your contributions and bequest to: Twilight Haven Residential Home
1717 S. Winery Avenue
Fresno, CA 93727



Twilight Haven Life Memberships

What does a Life Membership Certificate in Twilight Haven do for you?

A Life Membership Certificate in Twilight Haven provides many benefits:

- As a **Member** you receive a \$100 tax deduction and remain a member for life!
- As a **Member**, there is no time commitment with the membership. Your involvement is up to you.
- As a **Member**, you can vote in all corporation activities. This gives you a voice in Twilight Haven's future. After being a member for one year, you can run for a Board position. This will not only give you a voice, but also decision-making capabilities.
- As a **Member**, you will receive the bi-monthly *Twilight Star* so you will know what is new and happening at Twilight Haven.
- As a **Member**, you will receive invitations to special events.
- As a **Member**, you will know that you belong to one of the finest non-profit homes for the aged on the West Coast. This you can feel good about!

Twilight Haven Corporation Membership Application

Applicant: Please print or type

_____ Full Name

_____ Street Address

_____ City, State, ZIP

Along with your tax-deductible check for \$100, mail to:

Twilight Haven
1717 S. Winery Avenue
Fresno, CA 93727



Community Outreach Corner

It's funny how fall is here, but it seems like summer hasn't left—but I'm sure that will change in a short while. I encourage everyone to give me some of your ideas for the New Year Outreach Activities—your participation is always welcomed.

The date for the Annual Memorial Service is November 20, 2009. All families have been contacted and we are looking forward to a good turnout.

The invitations for the Residents Christmas Dinner have been sent out this year with a few changes. We are asking for an RSVP this year to make sure



we have plenty of seating for all of our residents and families. We are also asking for names in order to have place settings for easier seating. I hope this will ensure that the evening will run smoothly this year. As always we will have a program for you and a possible chance of Santa himself stopping by for a visit. Our guests were asked to select their meat of choice. It is with pleasure that we will be serving tri-tip and ham. The sides will be stuffing, yams, fancy green beans, dinner roll and a delicious dessert—what a treat!

I would like to take this opportunity to extend to all Happy Holidays, and see you next year.

PRESIDENT'S MESSAGE

Dear Friends of Twilight Haven,

Remember the excitement of the year 2000? Well, that's been almost 10 years ago. That is so hard to believe, but it fits with the saying that time flies. We were also all ten years younger and that's hard to believe, too. Numbers always remind us of time, but for some reason, Christmas never does. It invokes a different feeling within us that is almost timeless. We don't think of numbers but instead we think about the meaning of the day, family and friends, and of all the gifts that we have in our lives.

We have just celebrated Thanksgiving and now Christmas is upon us. While we should be thankful every day, I'm glad that a special season has been set aside where we truly have to pause and count our blessings and truly reflect upon our faith.

Here at Twilight Haven we are especially thankful for our dedicated employees, who provide the finest quality care for our residents and give of themselves on a daily basis. We constantly hear wonderful things about them and truly appreciate all that they do.

We are also thankful for our wonderful residents, who brighten our days with their smiles and their touch. They are truly a blessing to us.

We're also thankful for all of you for your contri-

butions and support. That reminds me, do you have Twilight Haven on your Christmas list? The rooms in our nursing wing have all been freshly painted in beautiful colors and new dual-pane energy saving windows have been installed in every room. The only thing missing is new vertical blinds to replace the old worn-out drapes. The cost is \$200 a room and you have the opportunity to make that your Christmas gift to Twilight Haven by filling out the form on page 2 and returning it to us. We sincerely hope that you will consider the blinds as your gift or contributing to one of our other projects.

We hope that your Thanksgiving was a blessing to you and your family, and we truly wish you a very Merry Christmas and a wonderful New Year. But most of all, please keep our residents and employees in your prayers and be sure to remember our servicemen and women abroad. Our blessings are owed to many and they are truly a gift to us. However, the greatest gift is the reason for the season and He is the gift we should be the most thankful for.

Merry Christmas and Happy New Year!

*Larry W. Metzler, Sr.
President*

Twilight Haven Ladies Guild

The Twilight Haven Guild held a very successful Food Sale on November 2, 2009, and we would like to thank everyone who participated and helped make noodles.

Our next project is the **Christmas Luncheon** on December 7, 2009 at 12:00 p.m. at the Twilight Haven Memorial Hall. Luncheon tickets are \$20 each and we will have raffle tickets on sale at the luncheon for \$1.00 each. If you don't have a ticket and would like one, please contact **Joyce Rehn** at (559) 255-2313. Tickets are going fast!



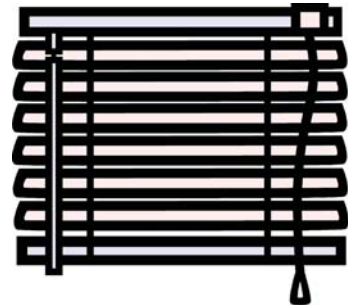
We will have Installation of Officers on January 4, 2010.

Have a Merry Christmas!

With any questions, please call Marian Deis at (559) 888-3419

Wish List

1. RCFE–Ear thermometers
2. Furniture for the Library
3. RCFE–Digital scale
4. SNF–Blood Pressure/ Vital Machines \$2070 each (need two)
5. SNF–New blinds for new windows



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