

Twilight Star

TWILIGHT HAVEN
RETIREMENT
COMMUNITY



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

ADMINISTRATOR'S CORNER

Dear Friends,

I have finally returned to work after a very interesting summer which started off with a 14 day cruise to Turkey, Spain, Italy, France, and Greece. We had a great time and saw so many historic sites and even managed to take it easy for a few days. Once we returned home we both had to go back to work and start planning our next trip. However, our next trip was one we did not plan on—a four month stay in the hospital for me. I had developed serious pneumonia and all the complications that could arise with the severity that can happen with my diagnosis. I feel good now and am going to various therapists to regain my strength.

The facility is doing very well and all departments pitched in together to keep Twilight Haven standards high and deliver the best care possible. They had the annual State of California survey and passed with flying colors. I am very proud of the management and staff for a job well done.

I would also like to thank everyone for their prayers and cards.

I am looking forward to seeing you at the annual Life Membership meeting to be held on Sunday, March 14, 2010. Lunch will be provided for all.

David J. Viancourt
Administrator

President's Message

Dear Friends of Twilight Haven,

The dark and foggy days of winter are slowly changing into warmer sunny days, and the beautiful colors of spring are gradually appearing. It is truly the rebirth of the land. More color is appearing here at Twilight Haven too. Along with all the flowers, one hundred new plants have been added to the landscape, and more than a dozen new trees.



Eight rooms in assisted living have been remodeled with new paint, carpet, and ceramic tile floors, and all new fixtures. They are beautiful and ready for new residents.

Last year, all of the rooms in the nursing wing were painted in beautiful colors. This year, through the generous donation of our Twilight Haven friends, we are installing new window coverings in all of the rooms to replace the drapes. We wish to thank those of you who made this possible.

One of our next projects will be to improve the lighting around our facility. We have areas where the lighting is in great need of improvement. This can be a real safety issue and must be addressed. Donations or memorials for the lighting or room remodeling are greatly appreciated.

During the Holiday Season, Twilight Haven received a very special gift. Our Administrator, David Viancourt, was able to return to work after being ill for several months. We're elated to have him back and wish him continued good health.

I wish to thank Nikki Vartikian, who stepped in as our on-call administrator during David's absence. I relied

SEE **PRESIDENT'S MESSAGE** ON PAGE 2

Twilight Haven Ladies Guild

The Twilight Haven Ladies Guild met on January 4, 2010 with the installation of new officers as follows:

- President.....Kay Karle
- Vice President.....Vacant
- Secretary.....Marge Deis
- Treasurer.....Irene Weslowski
- Parliamentarian.....Marian Deis
- Pianist.....Althea Heinrich

DATES TO REMEMBER:

- March 1 Regular Meeting
- April 5 Regular Meeting
- May 3 Regular Meeting
- June 7 Spring Luncheon 12:00 noon
Program 1:00 p.m.
Meeting 1:30 p.m.

To purchase tickets, please call Helen Lust at (559) 486-8471 or any Guild member. Tickets are \$20 each.

We would like to invite any women interested in joining the Guild to call Marian Deis at (559) 888-3419 for information. All regular meetings are at 2:00 p.m. in Twilight Haven's Memorial hall. Come join us!

*Thank you,
Marian Deis*

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



TWILIGHT HAVEN BOARD OF DIRECTORS

- Larry Metzler, President
- Robert Herman, Vice President
- Richard J. Scheidt, Secretary
- Donald Luft, Treasurer
- Gearhart Fries, Director
- Don Dauer, Director
- Kenneth Lust, Director
- Kenneth Karle, Director
- Ed Nicholson, Director
- Bryan Martin, Director
- Larry Isheim, Director

Twilight Haven Administrator:
David J. Viancourt

SNF Lic. #0400158
RCFE Lic. #100400622

Email: info@twilighthaven.com
Website: www.twilighthaven.com

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> PRESIDENT'S MESSAGE FROM PAGE 1

on her expertise and experience for some difficult decision making. I cannot thank her enough for all that she did for us.

In closing, I'd like to remind everyone to attend our **Annual Dinner** on Sunday, April 11, 2010 at Pardini's Restaurant. This is one of our few fundraising events, and it's an opportunity to share in the success of this outstanding organization. Contact any board member or the business office staff for tickets. I look forward to seeing you there.

Sincerely,
Larry W. Metzler, Sr.
President, Board of Directors

April is National Humor Month

IT'S NO JOKE! HUMOR PROMOTES HEALTHY AGING

What is humor, and why do humans experience the phenomenon? Despite its seemingly lightweight nature, humor is actually a sophisticated tension-defusing mechanism, uniquely developed in human beings. Most people appreciate the sensation and seek it out.

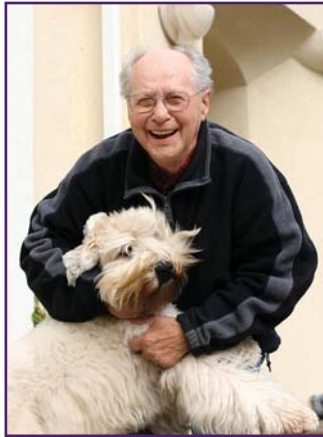
Brain imaging shows that several areas of the brain all work together in a complex way to produce the perception of humor.

Many researchers believe that understanding its complex function

helps lend insight into some fundamentals of human cognition.

Humor is a great tool for sustaining optimum intellectual function. It also benefits physical, emotional and social well-being—which are three important building blocks of brain health. Beyond those benefits, humor also can give our brains a good workout. Despite its reputation as a low or even childish mode of

thinking, humor can actually be a highly developed mental exercise,



Humor is a great brain exercise

training us to approach ideas in different, inventive ways. Even the lowly pun requires the brain to shift perspective.

Don't Be Afraid to Laugh!

Humor is an individual thing, of course—our personal sense of humor is as unique as any other part of our personality, and what sends one person into paroxysms of glee leaves another perplexed or rolling their eyes.

But for most of us, adding more laughter to life can give a boost to healthy aging in many ways. With its combined utilization of mind, body and emotions, humor is indeed nothing to laugh at!

Residents Celebrating Birthdays

MARCH

- 4 Edna Metzler
- 5 Audrey Haberman
- 6 Dorothy Clifton
- 7 George Hollesen
- 8 Howard Kauffman
- 10 Lucile Crown
- 10 Dorothy Ruder
- 12 Lymus Nelson
- 17 Anne Friesen
- 19 Cecil Berg
- 19 Tsuruye Ikawa
- 21 Eleanor Luther
- 29 Diane Phifer
- 31 Jennifer Gentry
- 31 Hazel Jones

APRIL

- 1 Mollie Emard
- 1 Herman Nilmeier
- 2 Helen Craven
- 5 Jeffery Haywood
- 5 Scott Lyle
- 8 Shirley Magoon
- 8 Betty Sandoval
- 10 Elizabeth Terry
- 14 Christina Miller
- 19 Lidamae Hollesen
- 22 Wilma Giddens
- 23 Lillian Goodman
- 25 Thomas Lorditch
- 26 Maria Leal
- 28 Joyce Smith
- 29 Stacy Raymond

MAY

- 5 Edward Wagner
- 13 Anna Carr
- 15 Robert Brown
- 17 Violet Seimandi
- 20 Stanley Hunt
- 23 Elsie Reitz
- 26 Helen Oehlschlaeger
- 27 Berta Delgado
- 27 William Welch



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



Memorials

In Memory of Anna Karle

Ed and Marian Deis
Helen Oehlschlaeger
Kenneth and Alvina Seibert
Bill Welch
Betty Schmall
Betty Kister
Harry Karle
Claudine Steinhauer
Althea Heinrich
Kay Paboojian
Kenneth and Susan Berg
Kenneth Karle and Family
Rod and Shari Paoutzian
Richard Scheidt
Larry W. Metzler
Shirley Hollesen
Eleanor Roberson
Mary and Richard King
Chester Becker
Bonnie and James Hascall
Mr. and Mrs. Edward Klein
Ed Nicholson and
Velma Brunkhardt
Bernie Cartwright
Barbara Schneider Contreras
Verna and Gearhart Fries
Wayne and Lucille Stark
Kathryn Heinle
Esther Bach
Ruby Alexenian and Family
Lois Schneider
Donald and Helen Schneider
and Family
Helen Oehlschlaeger and
EJ Harris
George and Lydia Schneider
Gene Bopp
Ray and Elaine Hergenrader
John and Dale Burns
Charles Swanbom
David Viancourt and Kathy
Ferguson

Carolyn and John Paboojian
Ronald Sittner
Sandra and John Browning
Irene Bonner
Helen Weil

In Memory of Daniel and Anna Karle

Sharon and Sydney Bowie and
Family

In Memory of Daniel Karle

Kenneth and Kay Karle

In Memory of August Scheidt

Richard Scheidt

In Memory of Beatrice Steinhauer

Marilyn Seibert
Mabel L. Dunn

In Memory of Carter Roberson

Edna Farrel

In Memory of Doris Harmon

Bettina, Erik, and Duane
Harmon
Michael and Jane Schimmel

In Memory of Earl Bachant

Mary Weber

In Memory of Edward Miller

Ken Geringer
Melvin and Marsha Lovejoy
Joyce Hallam
Alice Cheeseman
Jim and Norma Wadkins

In Memory of Elizabeth Salwasser

Betty Kister

In Memory of Elisabeth Isheim

Larry and Phyllis Isheim

In Memory of George Herzog

Roland and Heidi Roos

In Memory of Gordon Heinle

Kathryn Heinle

In Memory of Rev. Edwin and Lenora Gutjar

Kathryn Heinle

In Memory of Henry and Hanna Heintz

Ken and Janet Funk

In Memory of Herbert Miller

Marilyn Seibert
Laverne Barnes

In Memory of Joan Westrope

Mr. and Mrs. Ed Deis

In Memory of Kenneth Steitz

Mabel L. Dunn

In Memory of Leona Ferguson

David Viancourt and
Kathy Ferguson

In Memory of Matilda Goff

Carol A. Goff

In Memory of Pete Unruh

Ken Geringer

In Memory of William and Amelia Heintz

Laverne Barnes

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

Community Outreach Corner

Happy New Years to everyone! I hope you enjoyed your holiday season with giving and cheers. I must say that I truly enjoyed the **Christmas Dinner** and the turnout was wonderful. I am so pleased with the staff here at Twilight Haven for forming a choir to bring our residents and their families Christmas carols. It was appreciated by the choir having Pamela Benjamin to rehearse with them to put the songs together, and let's not forget little Chloe with her solo—she is a rising star! Pamela finished it off with her gift of singing.

Every year we try to provide you with something different, and I thank you for your encouragement throughout the year and for your continued participation in all the activities that we provide.

I am working on a few ideas for the spring and summer. With the economy as it is, I have to scale back on the cost, but not to worry, we will do something. I'm hoping to raise money with our **Yard Sale** on Saturday, April 10, 2010. Please check your closets and garages and let us help you unload some unwanted items. Please contact me with any ideas that you might have regarding trips or if you would like to help with the yard sale.



God Bless,
Theresa Tyler
(559) 251-8417 ext. 125



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