



*'A Home to Come Home to'*

 hello  
spring!



## A Publication of Casa de Modesto Retirement Center

Spring-2019

### **A Message from Curt Willems, Executive Director**



At the time this letter was written, the New Year is well underway. March is over and Spring is starting to show its beauty within the blossoms on the trees. Year after year we see and experience change within our lives and find the need to take time to recalibrate and find our footing and values as we move past our youth and into one more year of age. Sophia Loren once said:

*“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”*

Aging is not lost youth, but a new stage of opportunity and strength. It is moving forward with new perspectives and determinations to live out our fullest potential to our very last breath, however long we are blessed to have one.

We are never too old to set new goals or follow through with new dreams that might help us to embrace our new stage of life. Rather than getting stuck in the past, longing for our youth to return, we are called daily to look forward to opportunities that will offer us peace and satisfaction within the life we are now living.

I have recently been reminded of this as I take part in my own mother's life who is 94 years old, living in a skilled nursing facility in Fresno. Initially I was saddened by the loss of life for someone who has always had life to offer to others. She has been a giving mom and caring person for

those around her. She worked hard to take care of the family and be a good wife to my father, prior to his passing, for over 60 years. Now as I see her confusion and dementia at times, it's unsettling for me, and yet there is a peace and acceptance on her part as she tries to make the best of her situation, often offering her age old wisdom to the nursing staff at the facility. She often talks about her readiness to go and be with dad and home with the Lord when he is ready to take her home. But she also says God must not be ready for her yet and has need for her still, here on this earth.

Embracing the past, present and the future is something we will all be faced with as we go through the days of our lives. To do this, we are required to recognize the seasons of life and how each season has something new to offer the world around us. Sometimes it's beautiful blossoms, and other times its fresh fruit to be enjoyed. As we age, we don't have to stay dormant and wait for time to pass...there is still life to be lived, and love to be shared, and creativity to be experienced.

Blessings to you, as we go through another year together! - Curt



**Celebrating St. Patrick's Day**

To schedule a tour or for more information on availability, please call Admissions (209) 529-4950.

# Casa de Modesto Board Changes

## Board Members Retiring

Gene Hein, Richard Williams and Ted Brandvold are retiring as Board members.

On behalf of the Board, Executive Director and staff, thank you so much for representing Casa de Modesto as a Board Member and your continued efforts and support to make this community successful for years to come.

## New Board Members effective April 1, 2019

**Norma Cederlind** is a Life and Health Insurance Agent and was born and raised in Turlock California. She is married to Kevin Cederlind and they have two sons, Zack and Blake. Norma was an elementary school teacher for many years but decided to change careers and currently works for Winton Ireland Insurance Agency allowing her to work with people in the areas of Medicare and long term care. She looks to bring this experience with the goal of enriching the lives of seniors at Casa de Modesto.

**Alvin Lal** is a Senior Hazardous Materials Specialist for Stanislaus County Environmental Resources. He lives in Turlock and is married to Navneet Lal and they have one daughter, Angelica. Alvin and his wife are long time residents of Stanislaus County. He looks forward to using his knowledge in the field of environmental resources while serving on the Board at Casa de Modesto.

**Gina Leguria** is Vice-Chancellor of Human Resources at Modesto Junior College and an attorney who devotes her practice to estate planning, Medi-Cal planning, and elder law.

She hopes to use her myriad of skills and knowledge to support Casa de Modesto in areas such as capital improvement, human resources, and planned giving.

Gina is a member of the American Academy of Estate Planning Attorneys. She is married to her husband, Jack, and they have two daughters, Rosa and Sofia. She is an active member of her church and devotes time to the Diabetic Youth Foundation.

## Effective April 1, 2019, Board officers are:

Gary Blom, Board President  
Claudine Sherron, Vice President  
Debbie Brown, Secretary

### New Board Members, continued:

**Nannette Fenley McKay** is a Vocational CPA & Management & Systems Consultant for Ristau & Co., Inc. Nannette is married to Jim, her husband of 35 years. They have 2 sons, Garrett and Connor.

Nannette is interested in serving on the Board of Directors to help in accounting education for both board and staff, and as needed, on accounting functions as they pertain to internal controls. In addition, she has an interest and skill set involving budget creation and execution. Her expertise in these areas will be much appreciated as she serves on the board.

## Taking Applications for All Levels of Care

Openings in Independent Living, Assisted Living, Memory Care and Skilled Nursing and Rehab.

Please call Admissions for a tour or if you have any questions on how Casa de Modesto can be your loved ones 'Home to Come Home to' with a caring and compassionate staff.

## What's Next?

You've planned a long time for retirement and now through reasons beyond your control, you are unable to fully pay for living because your funds are too low.

### What do you do?

As part of the Casa de Modesto continuing care commitment to our residents and its established charitable not-for-profit status, a benevolent fund was established **but** as a not-for-profit, we need your help!

Find out how you can help a senior in need. Call Liane today at **529-4950**.



Below on right: Thank you Bank of Stockton for allowing Casa de Modesto to display the benefits of senior living in our retirement community.



Above:  
Employee Appreciation Day.  
Yummy pizza!



## Moderate exercise may help improve cognitive function

Walking and other types of moderate exercise may help older adults who are losing their mental sharpness, according to results of a new clinical trial. Researchers found that six months of moderate exercise, such as walking or pedaling a stationary bike, helped improve the brain's ability to pay attention, regulate behavior, get organized and achieve goals. The findings support the concept that a healthy lifestyle can help protect the brain.

by [Alzheimers\\_news@alz.org](mailto:Alzheimers_news@alz.org)



Enjoying the St. Patrick's Day Celebration and Irish tunes

## Newest Addition, Memory Care, Turns 1

Staff, residents and family celebrated the 1st year anniversary of Memory Care services at Casa de Modesto.

If you are interested in learning more about Casa de Modesto's levels of care, please contact Admissions at 529-4950.

## Foodies

Now spinach enriches with iron  
Nuts and greens are esteemed by environ  
But I love my fats  
So it's nuts to you cats  
It's the bacon and ham I'm desirin'  
By Ruth Schaffer, Resident/Poet

## RECIPES

Check out the new recipes each month on Casa de Modesto's web site:  
[www.casademodesto.org](http://www.casademodesto.org)

This week's favorite recipe picks given by residents and employees.

Choppy Romaine Salad by Beverly Burgess  
Pickled Beets by Lola Feig  
Chicken Waldorf by Sylvia Senter  
Meatloaf Muffins by Joann Ewert  
Green Chili with London Broil by Debbie Burns





1745 Eldena Way  
Modesto, CA 95350

NONPROFIT ORG

U.S. POSTAGE

PAID

PERMIT NO. 39

Modesto, CA

## MARK YOUR CALENDARS

Memorial Day, Monday, May 27th at 2:00 p.m.



*Performing Classic Western Favorites!  
Named 2016 New Small Business  
Champions of Nevada!*

Residents and Guests - Mark Your Calendars!  
Coming back to Casa de Modesto Retirement Center On  
Monday, May 27th. Watch for more details on Facebook in May.  
A toe tapping good time!

**2019 Walk to End Alzheimer's - Modesto, CA  
Saturday, September 7, 2019**

Check out Casa de Modesto's website today!  
<https://www.casademodesto.org>

**Casa de Connection is published by  
Casa de Modesto Retirement Center**

1745 Eldena Way  
Modesto, CA 95350  
(209) 529-4950  
(209) 529-0957 (fax)

[www.casademodesto.org](http://www.casademodesto.org)

Curt Willems, Executive Director  
[casamail@casademodesto.org](mailto:casamail@casademodesto.org)

Liane Reyes, Marketing Coordinator  
[lreyes@casademodesto.org](mailto:lreyes@casademodesto.org)

Gary Blom, Board President

**Casa de Modesto Board of  
Directors Effective April 1, 2019**

**Gary Blom, President**  
**Claudine Sherron, Vice-President**  
**Debbie Brown, Secretary**

\*Norma Cederlind

Bonnie Costello

Dick Imfeld

Christine Jamison

\*Alvin Lal

\*Gina Leguria

\*Nanette Finley McKay

Ridge Sutter

Susan Ursini

\*See new board members profiles on Page 2.

Casa de Modesto is sponsored and administered by Fellowship Homes, Inc. on a community-oriented not-for-profit 501(c)(3) basis. Founded in 1965, the mission of our multi-level care facility is to provide exceptional care and to enrich seniors lives.