

livfun

Fairwinds - West Hills

MAY 2012 • ENJOY THE JOURNEY

Marvin Burnett: Enjoying Life's Journey for Almost 100 Years



Over 99 years ago, Marvin was born in Seattle, Wash. He was raised in the tiny town of Chehalis, Wash., where his parents opened the first of several jewelry stores that ultimately spread down the west coast. Family legend has it that the initial stock was silver gifts that they had received as wedding presents; his mother was quite the shrewd businesswoman.

Being uninterested in going into the family business, Marvin graduated from high school and went on to Los Angeles to enter into the practice of law at the tender age of 23.

He was quite the eligible bachelor but showed no interest in marriage. He dated Maxine, among others, for several years before World War II started. When he was drafted, she asked if he would write,

and he responded that he wasn't much of a writer. However, being away from her apparently made him realize that she was "the one," so he called her and asked if she would come up to visit in Santa Barbara where he was in training. When she answered that her father would never allow her to do such a thing, he asked if it might be permissible if she were coming to plan her wedding.

They did marry and a year later had a daughter, Margo. After the war, they re-settled in Los Angeles. Marvin resumed practicing probate law, which he continued to do into his eighties. He and Maxine retired to Oceanside and then decided to move back to the Los Angeles area to be nearer to Margo, who works at the Skirball Cultural Center.

The week after Fairwinds - West Hills opened, Margo found them an apartment here, and they moved in shortly thereafter. Marvin very soon became a regular in the Tuesday night poker games, which he continues to relish in spite of being visually challenged. Additionally, his lifelong love of reading also came to an abrupt stop. Due to his lack of vision, he discovered Braille Books on tape. Now his love for reading has flourished because of the heavy utilization of these books. He also loved going to the music appreciation classes until they were cancelled. He enjoys going to the other music-related events. He's very proud of Maxine's artwork. She passed away five years ago, after 65 years of marriage. Marvin still has showings of her paintings and metal sculptures in his apartment. He says, "No food, no drink, no dancing girls – just art." Residents are welcome to come and view the artwork anytime.

He loves dining out, and he and Margo do so frequently. Additionally, he encourages Fairwinds staff to plan restaurant outings, which he happily attends. One of Margo's friends, who has known Marvin for 50 years and still has business dealings with him, hopes that we might all be as close to wonderful as Marvin is if and when we reach his age. With his terrific attitude and dry sense of humor, Marvin is a popular resident who keeps "enjoying the journey" of this life.



Refreshing Summer Beverages

During warm months, it's important to stay hydrated. Water should be your go-to beverage. However, it's OK to mix in a few fun drinks, too. In the summer, iced tea is a delicious option.

According to WebMD, tea has been linked to possible health benefits. It's generally considered much healthier than soda, and tea drinks tend to have less sugar than fruit juices. It's also easy to make, and there are caffeine-free varieties as well.

The most common iced tea, like the kind you normally get at restaurants, is what's known as black tea. Studies suggest black tea might alleviate the risk of stroke. Both green tea and black tea contain caffeine, so if you want to avoid that stimulant, try herbal tea. It can be served over ice, too – the possibilities are endless!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations</p> <p>Activity Room, AR Bistro, BI Card Room, CR Computer Lab, CL Dining Room, DR Gym, Gym Jewish Community Center, JCC</p> <p>Library, L Living Room, LR Private Dining Room, PDR VCTV(Channel 6), C6 Wellness Center, W Wellness Center, 2nd Floor, WC2</p>	<p>Birthdays</p> <p>Sam P., 3rd • Lee W., 6th Ida G., 6th • Helen F., 10th Vera D., 12th • Betty J., 17th Sarah W., 19th • Pearl S., 21st Shirley R., 21st • Allegra K., 23rd Adele H., 24th • Kit E., 26th Lloyd M., 31st</p>	<p>9:00 Portuguese With Vera, CR 1</p> <p>10:30 Breathing & Flexibility, AR</p> <p>11:00 Strength & Balance, AR</p> <p>12:45 Bingo, CR</p> <p>1:00 World Issue Discussion, AR</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Texas Hold 'Em, CR</p> <p>2:00 Posit Science</p> <p>3:30 Art Appreciation, AR</p> <p>4:00 Trivia, BI</p> <p>6:30 Embellishment Art, BI</p> <p>6:30 Movie Night, AR</p>	<p>10:00 YOU OUGHTTA BE IN A PICTURE, BI 2</p> <p>10:15 50+ Fitness, AR</p> <p>11:00 Pan Club, AR</p> <p>12:45 Bingo, CR</p> <p>2:00 Breathing & Flexibility, AR</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Knitting Club, LR</p> <p>2:00 Posit Science</p> <p>3:00 Sudoku, BI</p> <p>3:00 Scrabble, CR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>10:00 Bridge Club, AR 3</p> <p>10:00 Mah Jongg, CR</p> <p>10:15 "Lazy J" Walk in the Park, BI</p> <p>1:00 Scrabble, CR</p> <p>1:00 Food Committee Meeting, PDR</p> <p>1:30 BP Clinic, W</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Posit Science</p> <p>2:30 HAPPY HOUR, BI</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p> <p>6:30 Chorus Rehearsal, DR</p>	<p>10:00 Breathing & Flexibility, AR 4</p> <p>12:45 Bingo, CR</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Strength & Balance, AR</p> <p>3:00 Jewish Services, AR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>CINCO DE MAYO 5</p> <p>9:15 Catholic Services, L</p> <p>10:30 Yoga, AR</p> <p>10:30 Texas Hold 'Em, CR</p> <p>12:45 Bingo, CR</p> <p>1:30 Wii With Steve, LR</p> <p>2:00 Movie Matinee, C6</p> <p>2:30 CINCO DE MAIO FIESTA, AR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>
<p>10:30 Trivia, BI 6</p> <p>11:00 Darts, AR</p> <p>11:00 Chair Exercise, Gym</p> <p>1:00 Blackjack, CR</p> <p>2:00 Movie Matinee, C6</p> <p>2:15 Seasons Protestant Services, AR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>10:00 Stretch Exercise, AR 7</p> <p>10:00 Mah Jongg, CR</p> <p>10:30 Computer Assistance, CL</p> <p>11:00 Pan Club, AR</p> <p>1:30 BP Clinic, W</p> <p>1:30 Rummikub, CR</p> <p>2:00 Posit Science</p> <p>2:00 Movie Matinee, C6</p> <p>3:00 Schmoozing With Rabbi Diane, AR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>9:00 Portuguese With Vera, CR 8</p> <p>10:30 Breathing & Flexibility, AR</p> <p>11:00 Strength & Balance, AR</p> <p>12:45 Bingo, CR</p> <p>1:00 World Issue Discussion, AR</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Texas Hold 'Em, CR</p> <p>2:00 Posit Science</p> <p>4:00 Trivia, BI</p> <p>6:30 Embellishment Art, BI</p> <p>6:30 Movie Night, AR</p> <p>RESIDENT BOARD MEETING, PDR</p>	<p>10:15 50+ Fitness, AR 9</p> <p>11:00 Pan Club, AR</p> <p>12:45 Bingo, CR</p> <p>2:00 Breathing & Flexibility, AR</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Knitting Club, LR</p> <p>2:00 Posit Science</p> <p>3:00 Sudoku, BI</p> <p>3:00 Scrabble, CR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>10:00 Bridge Club, AR 10</p> <p>10:00 Mah Jongg, CR</p> <p>10:15 "Lazy J" Walk in the Park, BI</p> <p>1:00 Scrabble, CR</p> <p>1:30 BP Clinic, W</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Posit Science</p> <p>2:30 HAPPY HOUR, BI</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p> <p>6:30 Chorus Rehearsal, DR</p>	<p>10:00 Breathing & Flexibility, AR 11</p> <p>12:45 Bingo, CR</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Strength & Balance, AR</p> <p>3:00 Jewish Services, AR</p> <p>4:00 Trivia, BI</p> <p>5:00 BLOCK PARTY, PDR</p> <p>6:30 Movie Night, AR</p>	<p>9:15 Catholic Services, L 12</p> <p>10:30 Yoga, AR</p> <p>10:30 Texas Hold 'Em, CR</p> <p>12:45 Bingo, CR</p> <p>1:30 Wii With Steve, LR</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 CLOWN/MAGIC SHOW, BI</p> <p>2:30 Opera Love With Dante, AR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>
<p>MOTHER'S DAY 13</p> <p>10:30 Trivia, BI</p> <p>11:00 Darts, AR</p> <p>11:00 Chair Exercise, Gym</p> <p>1:00 Blackjack, CR</p> <p>2:00 Movie Matinee, C6</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>10:00 Stretch Exercise, AR 14</p> <p>10:00 Mah Jongg, CR</p> <p>10:30 Computer Assistance, CL</p> <p>11:00 Pan Club, AR</p> <p>1:30 BP Clinic, W</p> <p>1:30 Rummikub, CR</p> <p>2:00 Posit Science</p> <p>2:00 Movie Matinee, C6</p> <p>3:00 Schmoozing With Rabbi Diane, AR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>9:00 Portuguese With Vera, CR 15</p> <p>10:30 Breathing & Flexibility, AR</p> <p>11:00 Strength & Balance, AR</p> <p>12:45 Bingo, CR</p> <p>1:00 World Issue Discussion, AR</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Texas Hold 'Em, CR</p> <p>2:00 Posit Science</p> <p>3:00 CHEF DEMO, BI</p> <p>3:30 Art Appreciation, AR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>10:15 50+ Fitness, AR 16</p> <p>11:00 Pan Club, AR</p> <p>12:45 Bingo, CR</p> <p>1:00 Audiologist, WC2</p> <p>2:00 Breathing & Flexibility, AR</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Knitting Club, LR</p> <p>2:00 Posit Science</p> <p>3:00 Sudoku, BI</p> <p>3:00 Scrabble, CR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>10:00 Bridge Club, AR 17</p> <p>10:00 Mah Jongg, CR</p> <p>10:15 "Lazy J" Walk in the Park, BI</p> <p>1:00 Scrabble, CR</p> <p>1:00 NEW RESIDENT LUNCHEON, PDR</p> <p>1:30 BP Clinic, W</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Posit Science</p> <p>2:30 HAPPY HOUR, BI</p> <p>4:00 Trivia, BI</p> <p>4:00 Yiddish Club, AR</p> <p>6:30 Movie Night, AR</p> <p>6:30 Chorus Rehearsal, DR</p>	<p>10:00 Breathing & Flexibility, AR 18</p> <p>12:45 Bingo, CR</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Strength & Balance, AR</p> <p>3:00 Jewish Services, AR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>ARMED FORCES DAY 19</p> <p>9:15 Catholic Services, L</p> <p>10:30 Yoga, AR</p> <p>10:30 Texas Hold 'Em, CR</p> <p>12:45 Bingo, CR</p> <p>1:30 Wii With Steve, LR</p> <p>2:00 Movie Matinee, C6</p> <p>2:30 Opera Love With Dante, AR</p> <p>4:00 Trivia, BI</p> <p>6:00 Gourmet Group, PDR</p> <p>6:30 Movie Night, AR</p>
<p>10:30 Trivia, BI 20</p> <p>11:00 Darts, AR</p> <p>11:00 Chair Exercise, Gym</p> <p>1:00 Blackjack, CR</p> <p>2:00 Movie Matinee, C6</p> <p>2:15 Seasons of Woodland Hills, AR</p> <p>2:15 Seasons Protestant Services, AR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>10:00 Stretch Exercise, AR 21</p> <p>10:00 Mah Jongg, CR</p> <p>10:30 Computer Assistance, CL</p> <p>11:00 Pan Club, AR</p> <p>1:30 BP Clinic, W</p> <p>1:30 Rummikub, CR</p> <p>2:00 Posit Science</p> <p>2:00 Movie Matinee, C6</p> <p>3:00 Schmoozing With Rabbi Diane, AR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>9:00 Portuguese With Vera, CR 22</p> <p>10:30 Breathing & Flexibility, AR</p> <p>11:00 Strength & Balance, AR</p> <p>12:45 Bingo, CR</p> <p>1:00 World Issue Discussion, AR</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Texas Hold 'Em, CR</p> <p>2:00 Posit Science</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p> <p>6:30 RESIDENT COUNCIL MEETING, AR</p>	<p>10:15 50+ Fitness, AR 23</p> <p>11:00 Pan Club, AR</p> <p>12:45 Bingo, CR</p> <p>1:30 ARTHRITIS SEMINAR, DR</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Knitting Club, LR</p> <p>2:00 Posit Science</p> <p>3:00 Sudoku, BI</p> <p>3:00 Scrabble, CR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>10:00 Bridge Club, AR 24</p> <p>10:00 Mah Jongg, CR</p> <p>10:15 "Lazy J" Walk in the Park, BI</p> <p>1:00 Scrabble, CR</p> <p>1:30 BP Clinic, W</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Posit Science</p> <p>2:30 HAPPY HOUR, BI</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p> <p>6:30 Chorus Rehearsal, DR</p>	<p>10:00 Breathing & Flexibility, AR 25</p> <p>12:45 Bingo, CR</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 SENIOR CHOIR: ENJOYING LIFE'S JOURNEY, BI</p> <p>3:00 Jewish Services, AR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>9:15 Catholic Services, L 26</p> <p>10:30 Yoga, AR</p> <p>10:30 Texas Hold 'Em, CR</p> <p>12:45 Bingo, CR</p> <p>1:30 Wii With Steve, LR</p> <p>2:00 Movie Matinee, C6</p> <p>2:30 Opera Love With Dante, AR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>
<p>10:30 Trivia, BI 27</p> <p>11:00 Darts, AR</p> <p>11:00 Chair Exercise, Gym</p> <p>1:00 Blackjack, CR</p> <p>2:00 Movie Matinee, C6</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>MEMORIAL DAY 28</p> <p>10:00 Stretch Exercise, AR</p> <p>10:00 Mah Jongg, CR</p> <p>10:30 Computer Assistance, CL</p> <p>11:00 Pan Club, AR</p> <p>1:30 Rummikub, CR</p> <p>1:30 BP Clinic, W</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Posit Science</p> <p>3:00 Schmoozing With Rabbi Diane, AR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p> <p>6:30 Evening Bingo, CR</p>	<p>9:00 Portuguese With Vera, CR 29</p> <p>10:30 Breathing & Flexibility, AR</p> <p>11:00 Strength & Balance, AR</p> <p>12:45 Bingo, CR</p> <p>1:00 World Issue Discussion, AR</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Texas Hold 'Em, CR</p> <p>2:00 Posit Science</p> <p>4:00 Trivia, BI</p> <p>6:30 Embellishment Art, BI</p> <p>6:30 Movie Night, AR</p>	<p>10:15 50+ Fitness, AR 30</p> <p>11:00 Pan Club, AR</p> <p>12:45 Bingo, CR</p> <p>2:00 Breathing & Flexibility, AR</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Knitting Club, LR</p> <p>2:00 Posit Science</p> <p>3:00 Sudoku, BI</p> <p>3:00 Scrabble, CR</p> <p>4:00 Trivia, BI</p> <p>6:30 Movie Night, AR</p>	<p>10:00 Bridge Club, AR 31</p> <p>10:00 Mah Jongg, CR</p> <p>10:15 "Lazy J" Walk in the Park, BI</p> <p>1:00 Scrabble, CR</p> <p>1:30 BP Clinic, W</p> <p>2:00 Movie Matinee, C6</p> <p>2:00 Posit Science</p> <p>2:30 HAPPY HOUR, BI</p> <p>5:00 BIRTHDAY PARTY, DR</p> <p>6:30 Movie Night, AR</p> <p>6:30 Chorus Rehearsal, DR</p>	<p>Anniversaries Leonard & Allegra Korman, 5/6/2012</p> <p>Transportation</p> <p>Monday 10-11:30 a.m. Bank, Market, Library, Stores</p> <p>Monday 1-2:30 p.m. Mall Shopping</p> <p>Friday 10-11:30 a.m. Mall Shopping</p> <p>Friday 1-2:30 p.m. Bank, Market, Library, Stores</p>	

Exploring Brazilian Cuisine

Residents had a great time taking a trip to Oxnard for a taste of Brazilian cuisine. The residents enjoyed the day and can't wait to go back again.



Daniel Bravo: Mr. Wellness by Esther Burstein

Born in 1955, Daniel is from Peru. He is one of five siblings and has three brothers and one sister. He was educated in Peru and got his Master's degree in business administration. In the U.S., he studied theology and earned his Bachelor's degree in Texas, where he and his family first settled in 1984.

Interestingly, Delmira, his wife, and Daniel decided they wanted their children to be born in this country. For that reason they left their respective families in Peru and took the long journey to seek their fortune in this country.

Daniel met his wife, Delmira, in 1974 when they were both very young (18) and in medical school. Once medical school was completed in 1984, they got married. Delmira received her Master's degree in clinical pathology.

They have two sons, Daniel, 26, and David, 18. Both are single and live at home with mom and dad. Daniel works as an LVN and is studying at Los Angeles College for his RN degree. David is a remarkable man; he was in an auto accident in Texas when he was 7. His prognosis said he would be a clinical paraplegic with no hope of recovery to his upper body. That was the reason the family left Peru permanently and settled here – so their child could receive the best medical care. Today he is doing well and studying at California State University Northridge for a medical degree.

Daniel and his family are very active in their church. When Daniel and David came here as missionaries from their church in Peru, they recognized the potential job and career opportunities in this country. Because they love and admire the elderly, they decided to make California their home.

Daniel's first job in California was in Winnetka as a CNA. He also worked in Calabasas, in an Alzheimer's care community; and in Glendale as a LVN. He started at Fairwinds in 2001 and worked for five years as a night shift CNA. In June 2011, Daniel returned to Fairwinds as the Health and Wellness Director.

He and his family are regulars at a church in Tarzana where they live. They are involved with several counseling programs at their church that address drugs and alcohol, family counseling, depression, violence and compulsive behavior. Also, they run support groups and counseling. Church is a very big part of their family life.

In one year, Daniel will have his RN degree. His favorite quote is: "Our generation rebuilt this country."

His hobbies include fixing things, reading, classical and gospel music and, of course, his job at Fairwinds. His favorite color is red and his favorite food dish is lox and bagels. Dan, we're so lucky to have you here everyday, and we hope we'll have you here for years to come to continue to "enjoy the journey."



It's More Than Retirement. It's Five-Star Fun.

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