



# PALM VILLAGER

A PUBLICATION OF PALM VILLAGE RETIREMENT COMMUNITY • SPRING 2010

## CULINARY EXCITEMENT COMES TO PALM VILLAGE

Most of you have probably noticed that there is a new interest in cooking in our culture. With the advent of 24/7 cable television came the Food Network and the Cooking Network. Cooks such

his lifelong skill in the Kitchen to our spring fundraiser which we simply call our Living Legacy Guest Chef event. This has become an annual event and next year promises some new surprises as we have already begun the planning!



**David Vartanian** of Visalia's renowned Vintage Press Restaurant was the star of a cooking show that featured large-screen visuals, bright lights and wonderful food.

This year we had 140 in attendance. Chef Vartanian wanted to emphasize the local faire. The evening began with amazing hors d'oeuvres of grape leaf wraps, almond, date and bacon wraps, and then transitioned to a main course featuring Shisk-Kabob (most in attendance who like lamb said it was the best they have ever tasted), rice pilaf, asparagus, and his now famous carrot puree vegetable.

During the Q and A portion of the event David revealed the secret to his scrumptious carrots—he simply cooks them in butter (no water added), purées them when done and then adds half and half.

as Rachel Ray, Paula Deen and Guy Fieri have become household names to those with culinary curiosity.

We at Palm Village have joined the fun. For the second year in a row, David Vartanian of the Vintage Press in Visalia has contributed

Chef Vartanian entertained the crowd by taking the entire shank of a lamb and reducing it down to barbecue-sized portions. His strawberry shortcake to follow was absolutely terrific. Special thanks to Gordon Wiebe of Wiebe farms for providing the video cast so all could see the demonstration!

*see "Culinary Excitement" on page 2*

**“Culinary Excitement” from page 1**

Those of us who plan this event want to thank those of you who contributed to make this a great evening. A combination of management staff, and board of director’s donations cover the cost of the food so that all other gifts benefit our living legacy fund. An additional \$13,000 will be added to this fund by the time all checks from the evening have been received.

Next year’s guest chef event is shaping up to take a slightly different format. Watch this newsletter for some interesting developments as the event approaches in April of 2011!

Listen for the latest in Palm Village news on our daily radio spot on KRDU 1130, at 5:30am and 3:26pm. We call this spot the Palm Village Word. We often announce events, updates on senior living, and inspirational thoughts from the finest retirement community in Central California, the place we call Palm Village!



*Article by Charles Buller, M. Div  
Palm Village Vice-President  
of Advancement*

Along with exciting visuals to entertain the 140 in attendance were examples of Vartanian’s gorgeous creations (shown below), all served in a dining room that featured beautiful table settings adorned with vases of fresh flowers (bottom).



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## 7 Things to Know About Palm Village Retirement Community

*By Jim Dueck*

- 1 Palm Village Residents live healthier lives - Our records show Palm Village Patio Home Residents avoid the need for Skilled Nursing 5 years longer than those not living at Palm Village.
- 2 80% of residents admitted to our Skilled Nursing recover and return to their Patio Home or Assisted Living Suite.
- 3 Palm Village Patio Home Residents now enjoy two meal options prepared by our very own Chef. Family style and take out to accommodate their active lifestyles.
- 4 Independent Living, Assisted Living and Skilled Nursing residents all enjoy and benefit from the on campus Physical Therapy Program to get healthy and stay healthy.
- 5 More seniors moved to Palm Village Patio Homes and Assisted Living Suites in 2009 than the average move in's during the past five years.
- 6 There is currently "No Waiting" to move into a Patio Home or Assisted Living Suite and there is a good selection of one and two bedroom Patio Homes to choose from.
- 7 In the past 24 months, most people moving from their home to Palm Village have been able to sell their home in less than 30 days. Call and find out how they did!

**More and more seniors are finding out that moving to Palm Village is the Healthy Choice!**

# WELCOME TO THE NEIGHBORHOOD!

A welcome at Palm Village Retirement Community is very much what you would expect in any new neighborhood, with a few embellishments.

One of those “extras” is the visit by Linda Winter on the first day the residents move in to a Patio Home. She has already completed a pre-move assessment so she is very familiar with their unique characteristics and now is able to tell them about all of the wonderful amenities of life at Palm Village.

News about the 15 meals included in the monthly fee is always a favorite bit. And the choice between a buffet in the garden room or being served at Barbara’s offers a nice variety. Some residents have a “to-go” lunch from Barbara’s and make the short stroll to the Kings River and sit at the picnic tables or on the beach to enjoy their entrée.

While in the home, Linda tests the Emergency Pendant and provides clear instructions for its use, along with an explanation about the method of placing the day of the week card in their window, which is monitored by staff.

Now comes the fun part. Introductions are made in the garden room and stories of life before Palm Village are told, if so desired. The current residents recognize who is new and the real welcoming begins.

Just like the neighbors whom they knew before moving to Palm Village, their new “friends” come by with baked goods, kind words and invitations to the activities and other gatherings that take place, sometimes daily in their homes.

The most recent new residents, Nick and Jean Siemens, stated that in the month since they moved in they are constantly being invited to join in activities. “Just today we had 3 or 4 visitors at our home”, stated Nick.

Everyone knows about the on and off campus activities, because as part of the welcoming tradition, Recreation Coordinator, Norma Froese makes her visit to the newcomers a few days after the move-in. With the calendar she brings for them, she encourages them to take a look at the activities flyer that is left twice a week on the oversize clothes pin by their front door. A map of the 17-acre campus with the location of the meeting rooms, eating areas etc. is left with them and Norma is sure to tell these independent folks how to locate the Senior Center in Reedley.



Barbara’s is one of the most popular spots at Palm Village for residents to ‘hang out’ with friends to socialize or to grab a “to-go” box lunch before going for a stroll down by the Kings River.

With joy in his voice Mr. Siemens relates how they found Palm Village after searching for 2-3 years for a retirement community. He had not considered Palm Village because he was influenced by the rumor that there is a 3-year waiting list. He was pleased to find out that there was a home immediately available, as is very often the case.

Like most, as soon as he drove on to the campus, he and his wife knew they wanted to live at Palm Village in a home that they praise for its roominess inside and outside, the inclusion of an attached garage, and proximity to the dining

*see “Welcome” on page 6*

**“Welcome” from page 5**

room and the quality of the food. Plus they found the entrance and monthly fees to be considerably less than other continuing care communities.

Many people still think of retirement homes as nursing or convalescent facilities with all of the negative connotations of years past. Nick’s philosophy on this is that if you live a healthy and active life, you don’t look for a nursing home for retirement. However, he adds, “When you do need care it is nice to know a skilled nursing facility is within walking distance and I can return to my home easily.”

Those who move to Assisted Living are given a welcome appropriate to their level of activity, with an explanation of the daily services that

are available for them. Each person is personally escorted to the dining room and introduced. They are shown where the list of activities is posted in a central location of the assisted living building and locations for game night or afternoon gatherings are shown to them.

Norma Froese states that the description of Palm Village she most often hears is that it has a family feeling (surely evident during the birthday parties) and that all are pleased with the spiritual atmosphere.

Welcome to Palm Village is so strong that a newcomer once said, “Although I too will welcome the next person to move here, I will miss all of the attention we get for being the newcomers.”



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