

# VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

August 2020



Ventura Townehouse  
4900 Telegraph Road  
Ventura, CA 93003  
Phone: 805-642-3263  
Fax: 805-642-3229  
Venturatownehouse.com

**Celebrating  
Summer!**



**Our garden is  
looking beautiful!  
Join our daily  
walking group.  
We meet in the  
front lobby at  
1pm and 3pm.**



## August at the Townehouse

Introducing our new Resident Board President, Terry Gibson.



I am a mom, grandma, and great, grandma. I was born and raised in Los Angeles, California, just after the great depression and before WWII. I have 5 children, 4 males and 1 female. They have blessed me with 17 grandchildren, including 4 great-grandchildren.

I spent my working years as an Enrolled Agent, specializing in taxes and accounting. I retired 16 years ago and stayed busy with the woman's group that promotes women to run for public office. I was President of that group for 2 years, PAC treasure, for 6 years. Prior to that, I was a president of my synagogue, and served on the regional board (serving 6 states) as vice president of the new memberships.

I moved here in early February and enjoy the people, staff, and our lovely grounds. I resisted taking office as President of the Resident's association, and even offered to sweep floors instead, but relented since it appeared no one else was interested in the job. Now I am elected I will do my best to perform the duties of the office as stated in by-laws.

If you have any suggestions, please place them in the suggestion box in the Dining Room Lounge. Secretary Maxine Snelgrove checks this box weekly. The Resident Board will meet monthly to review all suggestions.

Sincerely,  
Terry Gibson



## WHAT HAVE WE LEARNED BY MAXINE SNELGROVE

### What lessons have we learned from this pandemic?

Life is fragile, make lemonade out of lemons, change is inevitable and worry never solves any problem.

### How does this pandemic compare (if at all) to other disasters during your lifetime?

To a lesser degree the only other "pandemic" that affected us all was 911. Although it did not inconvenience our daily life, it was a disaster that mentally and emotionally was felt by us all. The disruption to commerce and travel, the TV news, and as a topic of most all conversations it is very similar.

### Tell us your thoughts on social change.

It is hard to look back 60-70 years and realize the battles being fought for equality for all people. Sadly, we are still experiencing them. Growing up in a rural village in the East we did not have TV or a diverse population. We were, mostly, unaware of the discontent.

### What are you grateful for?

My wonderful husband, although deceased, and the children of our sixty-three years of marriage. My large family and its diversity. Although never financially well off I am, and we were, blessed with many experiences, mainly good health and with very few tragedies. As a Christian family we were blessed, and I continue feeling that blessing.

### Share some creative ways for self-isolation.

You plan for that possibility by creating interests in reading, handcrafting, national and world news, technology, and finding contentment in your own self. You learn to reach out to family and friends by written communication or phone.....nowadays by email and facetime.

### Has this pandemic affected your mood? How?

Experiencing the pandemic, for which we had no preparation, and doing away with social gatherings has been a disappointment. One that I had to accept for my well-being and others. It has been an adjustment in my daily routine, but I don't believe it has changed my personality. Because I have many interests, myself, and in a group, I pray others can find that resource. The biggest threat to senior citizens, think primetimes, is for those who are isolated and incapable of "entertaining" themselves. We are basically social beings and need contact.

### Are you finding yourself doing things you do not normally do? (Walking more, talking to friends by email or phone?)



Not necessarily doing things I would not normally do, just more of what I would do as a part of my daily life. I have reached out by notes of encouragement to some I have not seen or talked with regularly. "Outside" friends, and family, I stay in touch with more because they want to know how I am, so they do hear from me more often. With foresight many years ago to learn computer skills, avail myself of a computer, printer, and iPad, has by far made this confinement very tolerable. As I also crochet, self-taught twenty years ago, it has been a source of comfort and achievement which I am entirely grateful for never realizing the production that would come because of it.

## THE GREAT PHOTO CONTEST

William Bradford was an English Puritan separatist originally from the West Riding of Yorkshire in Northern England. He moved to Leiden in Holland to escape persecution from King James I of England, and then emigrated to the Plymouth Colony on the Mayflower in 1620. He then served as the Governor of the Colony until his death in 1657. He held the first Thanksgiving on November 29, 1623, three years after the Pilgrims landed at Plymouth. The Mayflower ship sailed from Holland with approximately 200 passengers, many of which died during the voyage, but Bradford was able to keep the spirits up of those remaining.

“In wilderness he did me guide,  
And in strange lands for me provide.  
In fears and wants, through weal and woe,  
A pilgrim, passed I to and fro:”

-William Bradford

I am proud to be a descendant of William Bradford.



William Bradford

Don Coy

Girl with a Pearl Earring is an oil painting by Dutch Golden Age painter Johannes Vermeer, dated c. 1665. Going by various names over the centuries, it became known by its present title towards the end of the 20th century after the large pearl earring worn by the girl. Ann has a calendar of Vermeer art and this is her favorite portrait.



Girl with the pearl earring

Ann Wells

Marion Michael Morrison, known professionally as John Wayne and nicknamed Duke, was an American actor, director, producer and Presidential Medal of Freedom recipient. He was among the top box office draws for three decades, famous for his roles in Western films.

A special thank you to our Marketing Director Samantha Crisp for coming up with this fun idea. We look forward to seeing more fun pictures.



John Wayne

Ron Hargrave

## Townehouse Management Team

### Administration

Executive Director           Evan Granucci  
Director of Marketing       Samantha Crisp

### Customer Service Front Desk

Office Manager                Antoine Guerrier II  
Concierge Supervisor       Jazmine Dominguez

**Director of Activities**       Anne Howorth  
**Fitness**                         Frank Jackson

**Director of Health**           Marissa Fontanilla  
**Services**

**Director of Memory**       Erika Rocha  
**Care**

**Director of Food Service**   Joe Messina

**Housekeeping**  
Director of Housekeeping   Alejandra Hernandez

**Maintenance**  
Chief Engineer                Steve Drake  
Assistant Engineer           Cliserio Meza

**Transportation**  
Bus Driver                      María De Los Reyes

## Lighten up your Life

As we enter another month of self-isolation, it is easy to become depressed and fearful. These few suggestions may help you overcome doldrums and stay positive:

- Take a few minutes each day to stay informed, and then turn off your television. Watching the news all day is like picking at a scab. It will only get worse, not better.
- If you are mobile, get out of the apartment and take a walk every day. Consider getting a walking pal to make the walk even more pleasant. Remember, there are other residents who may also be lonely and would welcome a friendly chat.
- Stay in touch with family and friends by U.S. mail, e-mail or by telephone. Don't wait for them to contact you. You will be surprised how happy they will be to hear from you.
- If you have a minister, priest, or rabbi, call them. Clergy are excellent listeners and spiritually uplifting.
  - Share DVD's, CD's and books with your friends. Just drop them off in their mailbox (if you live in a garden apartment) or, if you are a Tower resident, leave them at the front desk for pickup. Sharing like this gives you a chance to discuss your mutual interests over the phone or at one of the sitting areas outside.
- If you have a computer, you could install Zoom to join a book discussion (like our monthly Short Story discussion, join an exercise group (such as Bone Builders) or stay in touch with your group of friends or family.
  - Play soothing listening music, such as a Vivaldi's "Four Seasons" or Beethoven's "Moonlight Sonata".
- Dance. Put on slow music or, if you are up to it, rock 'n roll, and dance like no one is watching.

Submitted by Jan Koch

