

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING



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



**2023
April
Holidays**

April at the Townehouse



After all the rain, our gardens are looking green and colorful. Join Rachel, Anne and Dianna each day for a walk through our expansive winding pathways while viewing our lush landscape. Earn an extra green buck when you join the group at 1pm. You can catch Rachel going door to door with her green buck goody cart.



**April 5th
Passover**

Do you know the benefits of walking?

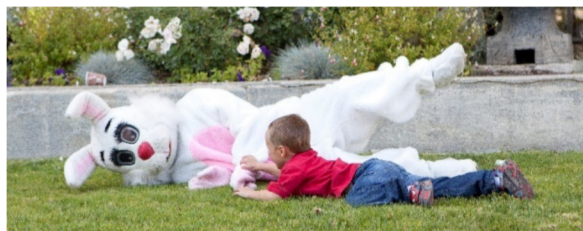


- Decreased risk of heart disease
- Decreased risk of developing colon cancer
- Reduced risk of developing high blood pressure
- Help in reducing blood pressure in people who already have high blood pressure
- Decreased risk of developing diabetes
- Lower risk of developing hypertension
- Increased muscle strength, flexibility, and sense of balance, all of which reduce the risk of falls
- Help in controlling weight
- It boosts your energy. ...
- It improves your overall mood. ...
- Walking reduced stress and anxiety. ...
- Walking improves your body confidence. ...
- Walking helps to improve your sleep routine. ...
- Walking brings more social opportunities.

**April 9th
Easter
Sunday**



**April 22nd
Earth Day**



Start Now! Join our daily walking group. We meet daily in the front lobby at 1pm.

Townhouse News

One of the most interesting individuals I've ever met was... by Tom Bird



As I read this simple statement memories of people I have met ran through my mind, politicians, teachers, businesspeople, and world leaders of various kinds, so many unique individuals from different periods. I have had the good fortune to have a busy active life. I've traveled extensively and worked at various levels with world leaders, had avocations in common with others such as politicians and several astronauts and even met one who walked on the moon. I even was presented to Queen Elizabeth in the early eighties when she visited southern California. All these individuals were interesting, and some were even famous but usually only for one thing and in one field, highly specialized and successful.

However, I like to think that life around the planet is interesting and as such, the ordinary people in business and government who make everything happen are the true leaders. They run the low-level government services that keep civilization growing and improving. I am reminded daily of the college professor who taught me so much---the same information as two Nobel prize winning students he taught. I've met these kinds of people throughout my life and learned firsthand of successes, failures, wars, and recoveries. What they aspire to be and what's important to them. And the net result of all this has been an increased awareness of the similarities of the needs and wants of all people and a much better understanding of their various cultures and the effect, both good and bad, it has on their lives, and ours. The interesting part of all of this is to learn how all of us can live and work together successfully and continue to build a better world.

So, the best answer I can offer is that the most interesting person I have met is a composite person, called mankind. I was given the gift of exposure to all kinds of the individuals who make up this person and I have tried to know and understand them, initially for business advantages but as my responsibilities increased, for political understanding and world harmony and peace. That outcome will greatly benefit all of us, especially generations to follow ours. It will produce new growth markets, new businesses, and keep the world progressing to provide new improved living conditions for all of us, including that historically illusive thing called WORLD PEACE!



Friendship of a Lifetime

Perhaps you've seen this handsome fellow accompanying Radell Mitchell to lunch from time to time. His name is Javier Cano, and he and Radell have been dear friends since Javier was just 9 years old. After her retirement, Radell went to work for two more decades of helping kids. The last of these kids that Radell helped was nine-year-old, Javier. Radell's official role in Javier's life was limited, but her (and late husband, Bruce's) personal role has lasted a lifetime.

The little kid that Radell mentored all those years ago has grown into a mature family man. He and his partner Mariah have two beautiful daughters – Mercy and Laylah – whom they are busily raising in Fillmore. Javier is very dedicated to his wonderful family, as well as his lasting friendship with Radell. He never forgets to keep in touch via text and phone calls, and loves visiting her regularly.

He also enjoys the food at the Townhouse! His favorites are hamburgers, fish and chips, and mac and cheese.....and of course, don't forget the ice cream! Javi and Radell have supported each other through many ups and downs and theirs is a friendship of a lifetime.

TOWNEHOUSE NEWS



Introducing Dianna Cleveland Activity Specialist

My recent quest and new passion to work with the Senior Community began while doing Personal Assistant work for seniors in their homes over the last six months. I grew up in Colorado and my family loved horses and so I became an accomplished equestrian, and a pretty good skier in the Colorado Rocky Mountains. Just 18 months ago, I moved north to Ventura from the Orange County area, where I lived for over 22 years, raising my family, and running my own business that provided specialized reading materials to schools to help students build their reading fluency and comprehension.

COVID-19 then happened, which greatly affected my company's sales, and not knowing what the lasting effects might be, an opportunity arose to sell my business during the Pandemic. After more than 20 years of being self-employed, I decided to take that step, sell my business, and take a year off to rest and restart and then decide what the next chapter of my life would look like.

I have two sons and one daughter and now have five grandchildren ranging in age from 1-6 years old. Because they spread from North to Southern California, after selling my business, I decided to explore moving a bit north to be in the middle geographically. So, one day I got in the car, headed north from Irvine, and landed in Ventura where I found a wonderful community at Portside Harbor Marina. As a single woman, I absolutely love my new Portside community. I love to play tennis, and have an adorable 18-month-old Cockapoo puppy named Penny who is full of love and energy. I hope you will have an opportunity in the future to see her amazing tricks, especially how she can put away all her toys (19 of them) into her toy bin.

I have a passion for people, and I'm thrilled to now be a part of the Townehouse community! I will work hard to get to know ALL of you over the next several weeks and months, and I want to know about your background and learn from you. After only a short time here, I have already realized there is so much knowledge and wisdom among this incredible senior community.



Introducing Mr. Ed Townehouse Driver Extraordinaire

Hello. My name is Ed Cardona but my friends call me "Mr. Ed". I was raised in Maryland and spent much of my life in Scottsdale, Arizona. I moved to Oxnard to be with my fiancé. Her name is Tricia and I have been here now for 7 years. That is a story I am happy to share with you when we meet. I have a 31-year-old son, EJ with whom I have a very close relationship. He lives in Maui and Colorado.

I am a lifelong health and fitness enthusiast and athlete. In my younger years I played basketball, football, bike riding, and loved rollerblading. However, over the past 10 years I have shifted gears and now play primarily pickleball, Spike ball, tennis, and ping pong. I enjoy swimming, light weightlifting, and Zumba. I also love to snow ski and enjoy visiting EJ and spending time on the slopes with him.

Tricia and I have a passion for travel and adventure. We are very active, so Club Med is our favorite style of vacation. Cruises are our second favorite. We also enjoy the beach, cooking, wine tasting, and playing cards with family.

We have a new member of our family. Her name is Little Kitty. I thought I was allergic to cats, but I am happy to learn that I am not. She is so sweet, very playful and talks a lot!

I am very happy to be a member of the Townehouse family. I am looking forward to getting to know everyone.

Townehouse Management Team

Administration

Executive Director Evan Granucci
Executive Assistant Chantel Hernandez

Marketing Directors Harvey Marasigan
 Nancee Borgnine

Customer Service Front Desk

Lead Concierge Deserae Navarro

Director of Activities Anne Howorth
Fitness Frank Jackson

Director of Health Marissa Fontanilla
Services

Director of Memory Erika Rocha
Care

Director of Social Services Kimmi Bryan

Director of Culinary Bryan Gross
Services/Executive Chef

Housekeeping
Director of Housekeeping Alejandra Hernandez

Maintenance
Chief Engineer Steve Drake
Assistant Engineer Cliserio Meza



“FRANKLy Speaking”

His Name is Frank Jackson: he’s here with the dawn,
He unlocks the gym and turns everything on.

Then the people arrive in dribbles and dabs,
To flatten their tummies, build up their abs.

The warmth of Franks smile is so great to see,
As he helps them getting going on all they can be.

He’ll give you instructions on what you can do,
And outline a workout, designed just for you.

His “Sit & fit classes all fill up so fast,
All chairs may be taken if you arrive last.

He’s always aware of any who seem weak,
Making certain each person stays on their feet.

Frank’s humor and banter make everyone say,
Spending the morning with Frank begins a great day

Former Resident Bea Haitz



Laundry Love

Every second Saturday TWO TREES CHURCH Sponsors LAUNDRY LOVE. A laundry service for the homeless. Quarters are needed for washing machines. Several residents of the Ventura Townehouse have taken this as their Mission Project. Your donations are gladly accepted. You will see the LAUNDRY LOVE jar displayed in the Dining Room Lounge during bingo for your convenience.

