

VENTURA TOWNEHOUSE

CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING



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**November
2023**

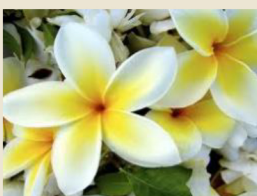
**November
Holidays**

*Daylight
Savings
November 5th*

*Veterans Day
November 11th*



*Thanksgiving
November 23rd*



November at the Townehouse **Giving Thanks!**



On Veterans Day, November 11th, we will honor all our veterans and veterans' wives. Join us for a gathering at 10:30am in the Rose Garden. The Ventura British Brass will set the tone by performing a selection of Americana and patriotic music, followed by a service to recognize all our veterans. Bring your veteran photo down to the front lobby by November 7th to be displayed on the tables provided.

"Perhaps no custom reveals our character as a Nation so clearly as our celebration of Thanksgiving Day."

-Ronald Reagan



Life is abundant. Always.... not just on Thanksgiving. We are grateful! Thanksgiving is a reminder to share and celebrate the abundance of life. Gratitude for food, love of family and friends. Here at the Townehouse we will serve our traditional Thanksgiving lunch on Wednesday, November 22nd, at 11:30am.

Please make reservations for family and friends at the Front Desk. The cost for an adult guest is \$20 and for children under 12 years \$10. Please note: no green buck vouchers will be taken for the Thanksgiving meal. Before lunch, meet your family and friends in the front lobby for a mimosa reception.

Townehouse News

Stubborn by Tessa Weeks



If someone had suggested that I would be choosing to live in an independent living senior community, I would have thought, “Well, they obviously don’t know me!”

Then New Year’s Eve 2022 I moved into my lovely apartment on the third floor of the Ventura Townehouse. I can see the coastline in the distance from my living room and bedroom and the beautifully cared for grounds surrounding the building. I feel safe. I have made many new friends, my events calendar is full, and I have my own kitchen. Yet I can’t help but wonder how I got here.

This is my journey. I was born in London England in 1943 during the Second World War. I came to Southern California in 1974 with my two daughters, Karyn and Shula. I married my husband Lynn, in 1983. In 1988 I returned to college and graduated in 1992 with a degree in Commercial Art. My husband, Lynn, and I had a lovely home in East Ventura. When he passed away after 33 years of a loving marriage, I felt the loss deeply. My two daughters, Karyn and Shula, live in Colorado and Mississippi, respectively, so I knew I was pretty much on my own.

I have lived my life doing everything I thought was “right.” I began eating vegetarian 40 years ago. I changed to eating plant-based about 10 years ago. I began a regular program of Restorative Exercise movement in classes several times a week and walked extensively daily. Then, at 76, I was diagnosed with Parkinson’s disease. As the condition progressed, I observed my body changing. I had always stood up straight and exercised daily. But despite my efforts, the disease has pulled me forward and to the side and down so I can no longer stand upright. Now my challenge is to explore and discover how I can continue to feel like I am dynamically aging despite physical changes to the contrary. I am just stubborn enough to choose to stay active in my community. I go to the gym. I continue to attend my book club where I have been a member for over 25 years. I used to drive to the home of the member hosting each month. Now someone kindly comes by to pick me up. When I get to the meeting, people seem genuinely happy to see me and I am, of course, delighted to spend time with each of them. I am on Zoom several times a week to continue to participate and contribute by attending several groups that are important to me. One is a support group at my church which I have attended for the past seven years. I also actively participate in my weekly Buddhist study group.

For my 80th birthday celebration in March, my children, grandchildren, and great-granddaughter, Evelyn Anne, now one year old, came here to southern California and we journeyed by car to spend a delightful, family-filled week in Morro Bay.

My purpose in life is to share the benefits of Buddhism and my vegan plant-based lifestyle which, I believe, will make people healthier and happier. This is important to me because when people feel healthy and happy, they are kind and generous and not interested in violence and war.



Dearest Residents,



I am thrilled that David accepted the position to be your Townehouse Director of Activities. I know you will love him, and he will do a great job. I am excited and looking forward to semi-retirement when I can spend more time with my precious grandchildren. I will continue to work part-time and along with David and Rachel we will continue to provide many wonderful activities.

Love and Blessings Anne

TOWNEHOUSE NEWS

A warm welcome to Joan Horner



Joan was born in Toronto, Ontario. After graduating from college, she fell in love and married film and stage designer Harry Horner. Joan and Harry had three boys, and given Harry's many travels for his film work, Joan found herself frequently moving and handling most of the logistics for these moves...finding housing, packing up, getting things moved, arranging schools and all the rest. These travels took the family for several years from Los Angeles to Mexico, New York, Toronto, London and in 1969, back to the Pacific Palisades in Los Angeles, which became the family's permanent home until Joan's recent move to the Ventura Townehouse in 2023.

Aside from an active family and social life, Joan received a master's degree and then her PhD from Cal State Northridge in Marriage and Family Therapy. She had an active private practice and worked extensively with both the Suicide Prevention Center and the Aids Project. Joan's long-time other interests include art and architectural design, reading, classical music and... dogs, dogs, dogs !!.... almost any kind, but most especially basset hounds, one or two of which were ever present at the Horner house over the years. Joan looks forward to meeting other like-minded people here at the Townehouse.

A warm welcome to Frances Haley



I recently moved to Ventura so I could be closer to my daughter and her family. Previously I was living in Michigan out in a wooded area on Lake Michigan. I lived alone in this beautiful, secluded area for 12 years and thoroughly enjoyed it. With advice from my doctor and my six children I decided I needed a change.

A brief sketch of my previous life. I was born and raised in Washington D.C. There I attended high school and Catholic University and received a bachelor's degree in sociology. I worked as a social worker in the hills of Virginia, (quite a life-changing experience) I then worked in the psychiatry department of Georgetown where I met and married my husband.

We moved to South Bend, Indiana, which was my husband's hometown and where he practiced his surgery as a urologist. We raised six beautiful children together. I was a stay-at-home mom until our children were raised. Then in my fifties I returned to college and received my master's in education from Indiana University. I joined the work force as a certified Psychotherapist, Hypnotherapist and marriage and family counselor. I practiced for ten years until my husband was diagnosed with Alzheimer's. We had fifty years of a wonderful marriage where we travelled worldwide. We especially enjoyed skiing together.

I have sixteen grandchildren, and love being a grandmother. I have enjoyed the life that was given to me and will continue to love and learn.

Townehouse Management Team

Administration

Executive Director Evan Granucci
Executive Assistant Chantel Hernandez

Marketing Directors Harvey Marasigan
 Nancee Borgnine

Director of Resident Care Yonatan Isaacs

Customer Service Front Desk

Lead Concierge Deserae Navarro

**Director of Activities
Fitness** David Scarlett
 Frank Jackson

**Director of Resident
Care** Yonatan Isaacs

**Director of Memory
Care** James Christensen

Director of Social Services Kimmi Bryan

**Director of Culinary
Services/Executive Chef** Bryan Gross

Housekeeping
Director of Housekeeping Alejandra Hernandez

Maintenance
Chief Engineer Steve Drake
Assistant Engineer Cliserio Meza

Bus Driver Ed Cardona



Thank you, Anne Howorth and Welcome David Scarlett

Thank you, Anne, for a job well done comprising eleven years faithfully serving as our Director of Activities (also known as the “fun coordinator”). You have created a dynamic program of socializing, exercise, music, fun and entertainment and have ushered an easy transition for David to take the helm. Please extend a million thank you’s to Anne for her devoted service and offer an extended warm welcome to Mr. David Scarlett, the new Director of Activities. Anne and Rachel will continue working alongside David being an integral part of the team.

Sincerely, Evan Granucci, Executive Director

Please enjoy David’s bio below.



I was born and raised in England and thought that was where I would live for the rest of my life. But age 20, I decided to start traveling. Over the next decade I traveled around Europe, worked in France for a

hot air ballooning company, became a tour guide in Berlin for 3 years and enjoyed myself immensely. I then embarked on a 2-month trip to Africa, which I loved so much, that I returned a couple of years later for a 7-month trip from Morocco to South Africa. I moved to America 20 years ago, and apart from moving back to England for a couple of years, I have lived here ever since, obtaining my American citizenship in 2016.

I am very lucky to have a wonderful girlfriend and four great kids aged between 14 and 24. The other members of my family are our two dogs, Missy and Nylah. Having previously lived in Ojai for 10 years, I now reside in Santa Paula. I feel very fortunate to have such a great family and to live in California.

I previously worked at another retirement community as an activity director, and I am very pleased to now be working here. I look forward to meeting everyone and adding even more fun to your lives.

Be sure to join me on Thursday, November 2nd, at 3pm in the Dining Room Lounge for my presentation on the late Queen Elizabeth.