



*A Message from Jacqueline DuPont*

Dear Families-

It was great to see so many of you at October events! Thank you for continuously providing the various supplies to meet your loved ones' needs: toiletries, towels, sheets, etc.! Please, as a reminder, always label everything you bring into Vista Gardens and add any new items you bring in to your loved ones the inventory list. The front desk can help you with that.

The weather has been very nice lately; you may plan fun family events outside (we can provide food, etc.) ... or take your loved one for a nice stroll. The outdoor path is beautiful! Our activity team is planning an early stroll daily. We will post the new time. The player piano is in the lobby for you, too! Sit next to it with your loved one and let the front desk know what you want to listen to. We maybe able to find your favorite tunes. We'd be happy to provide refreshments for you, as well.

If you have the resources, this is the time of the year we allow "thank you gratuities" to the hourly staff. They really appreciate you generosity at this time of year. No gift is too small. All donations must be made out to the Vista Gardens Employee fund and given to Evelyn or our receptionist. All monies will be distributed evenly among the staff at our appreciation party. Each week they will get the names of family donors and will be able to thank you personally! A big thank you to the Shakarjian family for donating coffee mugs and silverware from their restaurant! The residents are enjoying them all!

You may see our new 1940's magazine collection from a local antique store in our Ronald Reagan Library. The residents have been enjoying reading the various topics and advertisements that were published at that time in our history! The chapel is open for any faith observances. If you would like to use it, the receptionist will reserve it for you. It is also available for a peaceful time with your family. You may adapt the decor to meet your needs!

Best, *Jacqueline Dupont Carlson*

*Family Night*

**Family Orientation**

**Thursday, Nov. 9th**  
**5:00 pm**

- ◆ Understanding HPPA
- ◆ Discuss Resident Rights
- ◆ Ask Questions
- ◆ Meet our Managers
- ◆ Meet other Families
- ◆ Explanation of Policies

*Light Refreshments Served*  
*Please RSVP at 760-295-3900*

*Alzheimer's' Month*

**October Is...**  
**Alzheimer's' Awareness**  
**Month**  
*Wear your Purple every*  
*Thursday and show your*  
*support!*

*Favorite Photos*



## Flu Shots

### Flu Shot Clinic

Tuesday, November 7th

Residents: 10 am—12 noon

Employees: 12 noon—2 pm

A consent form is available to fill out at our Reception Desk.



## Time Change

### Don't Forget:

Set clocks back 1 hour  
before bed on



Saturday, Nov. 5th

## Employee Holiday Fund

### *Reminder...to Our Vista Gardens Families & Friends,*

Our employees are not permitted to accept tips or gifts. If you would like to show your appreciation during the Holiday Season, an Employee Fund has been set up. Please address your checks to the Vista Gardens Employee Fund & drop them off at the reception desk or mail them to:

#### Vista Gardens Employee Holiday Fund

c/o Vista Gardens  
1863 Devon Place  
Vista, CA 92084



All contributions collected will be confidential and evenly distributed among the entire staff.

Please send your checks before Dec. 15th so the monies can be distributed before Christmas.

**Thank you for thinking of our staff!**

## Monthly Support

*Caring for a loved one can be isolating and overwhelming  
but you are not alone...*

### **ALZHEIMER'S SAN DIEGO SUPPORT AND DISCUSSION GROUP**

*Facilitated by Sandy Braff, MFT*

Every Thursday  
from 1:30 - 3:30 pm

*Build relationships Learn from others*

*Develop new coping strategies*

*Find comfort and strength*

*Compassionate safe environment*

*Monthly educational speaker*

*Vista Gardens*

1863 Devon Place Vista, CA 92084 760-295-3900

[www.vistagardensmemorycare.com](http://www.vistagardensmemorycare.com)

## Management Team

*Dr. Jacqueline DuPont*

Gerontologist, Executive Director

*Evelyn Delgado*

Administrator

*Joe Balbas*

Licensee, Board Member

*Kelly Taylor*

Resident Services Director

*Stephanie Morgan*

Director of Sales & Marketing

*Leah Shakarjian*

Community Liaison

*Mara Carney*

Activity Director

*Dee Warner*

Culinary Director

*Easter Sialoi*

Staff Development Manager

*Rachel McIntyre*

Resident Services Coordinator

*Matthew Shakarjian*

Environmental Services Director

*Vista Gardens*  
MEMORY CARE COMMUNITY

1863 Devon Place, Vista, CA 92084  
Phone (760) 295-3900 Fax (760)-330-9645  
RFCE # 374603152

Editor: Mara Carney

## Employee Spotlight

*Congratulations!*

**Wendy Moore, Caregiver**

*Employee of the Month: Nov. 2017*



Wendy has been a caregiver at Vista Gardens for a short while and has won the hearts of our residents and her supervisors. She grew up in Georgia and came to California with her 2 young sons a few years ago to be near family. She loves planning adventures with her kids and loves to see the smiles on her residents' faces!

*Way to Go! We're glad you're on our team!*

## New Program

**To our  
Vista Gardens Veterans...**

*Please join us*

**every Tuesday at 11:30**

*in our Private Dining Room  
for lunch and discussion.*



*Happy October Birthday!*

**Happy Birthday!**

### Residents

11/2 Marjorie L. 11/6 Marlene W.  
11/13 Nancy Ba. 11/19 Kenneth W.  
11/23 Eleanor D. 11/27 Astra J.  
11/28 Edith B.

### Staff

11/3 Mercedes M. 11/4 Brenda W.  
11/9 Nicholas M. 11/11 Peter L.  
11/16 Malia A & Valerie Y.  
11/21 Mara S. & Joyce S.



## Save These Important Dates

**November:**

**Monday, November 13<sup>th</sup>**

*Tribute to Our Veterans, 2 pm*

**Thursday, November 16<sup>th</sup>**

*Bonsall HS Choir, 10:30 am*

*Family Orientation, 5 pm*

**Sunday, November 19<sup>th</sup>**

*Thanksgiving Brunch, 11:30 & 12:30*

**Tuesday, November 28<sup>th</sup>**

*Tree Trimming Party, 1pm*

**Wednesday, November 29<sup>th</sup>**

*Singing Seniors, 10 am*

**December:**

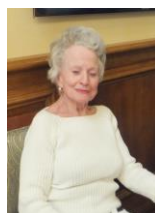
**Friday, December 15<sup>th</sup>**

*Holiday Dessert Celebration, 6pm*

**Thursday, December 21<sup>st</sup>**

*Family Holiday Songfest, 2:30 pm*



## Resident Spotlight



**Bonnie  
Griffith**



Bonnie has been a resident at Vista Gardens for almost 5 years. Bonnie, a true "Southern Belle", was born in Mississippi, and raised in Alabama. She was the youngest of 9 children and says that when her siblings went to college, she often felt like an only child. Bonnie was the daughter of a builder and made her career in respiratory therapy. She has told us about many family vacations to locations all over the world. She loves of fashion & shoes and is always full of compliments and gratitude to those around her. We are thrilled that Bonnie has chosen Vista Gardens as her home away from home!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><u>Resident Birthdays</u> 11/2 Marjorie L. 11/6 Marlene W. 11/13 Nancy B. 11/19 Kenneth W. 11/23 Eleanor D. 11/27 Astra J. 11/28 Edith B.</p> <p><u>Staff Birthdays</u> 11/3 Mercedes M. 11/4 Brenda W. 11/9 Nicholas M. 11/11 Peter L. 11/16 Malia A. &amp; Valerie Y. 11/21 Mara S. &amp; Joyce S.</p>	<p><u>Worship &amp; Spiritual Programs</u></p> <p><u>Sundays, 10 am</u> <i>Worship: Calvary Oceanside</i></p> <p><u>Wednesdays, 10:30 am</u> <i>Bible Study</i></p> <p><u>Thursdays, 9:30 am</u> <i>Catholic Communion</i></p>	<p><b>1</b></p> <p>9:15 Breakfast Club L 10:30 Bible Study CC 1:00 Garden Walk 2:00 Table Games / Puzzles CC 3:00 Candy Bingo L 5:30 Games &amp; Music w/Pauli L</p>	<p><b>2</b> <i>Beauty Salon Open</i></p> <p>9:15 Breakfast Club / Exercise L 9:30 Catholic Communion Ch 10:00 Sit &amp; Stretch / Move to Music CC 12:30 Scenic Drive 1:00 Monopoly Club L 3:00 Lobby Piano LR 6:00 Game Night w/N. Coast Church LR</p>	<p><b>3</b></p> <p>9:15 Breakfast Club / Exercise L 10:00 Beauty Hour CC 1:00 Resident Council Meeting L 1:00 Travel Express Pb 2:00 Friday Songfest w/ Musicstation 5:30 Games &amp; Music w/Pauli L</p>	<p><b>4</b></p> <p>9:15 Breakfast Club / Exercise L 10:00 Manicures &amp; Music CC 12:30 Patio Music / Walking Club 1:00 Bananagrams / Monopoly L</p> <p>3:00 Lobby Piano 5:30 Fireside Games LR</p>
<p><b>5</b></p> <p>9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC 12:30 Bananagrams L 1:00 Sunday Football Pb 2:00 Puzzles &amp; Games L 3:00 Lobby Piano 5:30 Movie Night LR</p>	<p><b>6</b> <i>Beauty Salon Open</i></p> <p>9:15 Breakfast Club / Exercise L 10:00 Manicures &amp; Music CC 1:00 Garden Stroll 1:15 Sing Along CC 2:00 Music &amp; Memories Pb 3:00 Candy Bingo L 5:30 Games &amp; Music w/Pauli L</p>	<p><b>7</b></p> <p>9:15 Breakfast Club L 10:00 Table Games TLC 11:30 Veteran's Club Lunch PD 1:30 Painting with Rebecca CC 2:00 Puzzles &amp; Games L 3:00 Music &amp; Memories Pb 5:30 Movie Night / Popcorn Pb</p>	<p><b>8</b></p> <p>9:15 Breakfast Club L 10:30 Bible Study CC 1:00 Outing: Helen Woodward 2:00 Table Games / Puzzles CC 3:00 Candy Bingo L 5:30 Games &amp; Music w/Pauli L</p>	<p><b>9</b> <i>Beauty Salon Open</i></p> <p>9:15 Breakfast Club / Exercise L 9:30 Catholic Communion Ch 1:00 Monopoly Club L 2:00 Cook's Corner CC 3:00 Lobby Piano 5:00 Family Orientation Night L 6:00 Game Night w/N. Coast Church LR</p>	<p><b>10</b></p> <p>9:15 Breakfast Club / Exercise L 10:15 Art Class with Denise CC 1:00 Travel Express Pb 1:30 Cards &amp; Games L 3:00 Friday Songfest w/ Wil 5:30 Games &amp; Music w/Pauli L</p>	<p><b>11</b> <i>Veterans' Day</i></p> <p>9:15 Breakfast Club / Exercise L 10:00 Manicures &amp; Music TLC CC 1:00 Saturday Games L 1:15 Hula Ministry LR 2:00 Bob Hope: USO Shows Pb 3:00 Lobby Piano 5:30 Fireside Games LR</p>
<p><b>12</b></p> <p>9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside 12:30 Bananagrams L 1:00 Sunday Football Pb 2:00 Puzzles &amp; Games L 3:00 Lobby Piano 5:30 Movie Night LR</p>	<p><b>13</b> <i>Beauty Salon Open</i></p> <p>9:15 Breakfast Club / Exercise L 10:00 Manicures &amp; Music CC 1:00 Garden Stroll 1:00 Name that Car Pb 2:00 Tribute to our Veterans 3:00 Candy Bingo L 5:30 Games &amp; Music w/Pauli L</p>	<p><b>14</b></p> <p>9:15 Breakfast Club L 10:00 Volleyballoon / Ball Toss CC 11:30 Veteran's Club Lunch PD 1:30 Painting with Rebecca CC 2:00 Puzzles &amp; Games L 3:00 Music &amp; Memories Pb 5:30 Movie Night / Popcorn Pb</p>	<p><b>15</b></p> <p>9:15 Breakfast Club L 10:00 "Our November History" CC 10:00 Travel Express Pb 1:00 Music &amp; Memories Pb 2:00 Table Games / Puzzles CC 3:00 Candy Bingo L 5:30 Games &amp; Music w/Pauli L</p>	<p><b>16</b> <i>Beauty Salon Open</i></p> <p>9:15 Breakfast Club / Exercise L 9:30 Catholic Communion Ch 10:30 Bonsall HS Choir LR 1:00 Garden Stroll 1:00 Monopoly Club CS 2:00 Cook's Corner CC 3:00 Lobby Piano LR 6:00 Game Night w/N. Coast Church LR</p>	<p><b>17</b></p> <p>9:15 Breakfast Club / Exercise L 10:00 Beauty Hour CC 1:00 Travel Express Pb 1:30 Cards &amp; Games L 3:00 Friday Songfest w/ Celeste 5:30 Games &amp; Music w/Pauli L</p>	<p><b>18</b></p> <p>9:15 Breakfast Club / Exercise L 10:00 Manicures &amp; Music CC 1:00 Bananagrams / Monopoly 2:00 Music: Tammy &amp; Friends LR 3:00 Lobby Piano 3:00 Saturday Bingo L 5:30 Fireside Games LR</p>
<p><b>19</b></p> <p>9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC <b>Family Thanksgiving Brunch</b> 11:30 am &amp; 12:30 pm 1:00 Sunday Football Pb 2:00 Library Games 5:30 Movie Night LR</p>	<p><b>20</b> <i>Beauty Salon Open</i></p> <p>9:15 Breakfast Club / Exercise L 10:00 Manicures &amp; Music CC 1:00 Garden Stroll 1:00 Color Therapy CC 2:00 Music &amp; Memories Pb 3:00 Candy Bingo L 5:30 Games &amp; Music w/Pauli L</p>	<p><b>21</b></p> <p>9:15 Breakfast Club L 10:00 Volleyballoon / Ball Toss CC 11:30 Veteran's Club Lunch PD 1:30 Painting with Rebecca CC 2:00 Puzzles &amp; Games L 5:30 Movie Night / Popcorn Pb</p>	<p><b>22</b></p> <p>9:15 Breakfast Club L 10:30 Bible Study Pb 1:00 Music &amp; Memories Pb 2:00 Table Games / Puzzles CC 3:00 Candy Bingo L 5:30 Games &amp; Music w/Pauli L</p>	<p><b>23</b> <i>Thanksgiving Day</i></p> <p>9:15 Breakfast Club / Exercise L 10:00 Manicures &amp; Music CC 11:00 Thanksgiving Meal DR 1:00 Garden Stroll 1:00 Monopoly Club L 1:00 Holiday Football Games Pb 5:30 Game Night LR</p>	<p><b>24</b></p> <p>9:15 Breakfast Club / Exercise L 10:00 Sit Down Stretch Pb 10:00 Beauty Hour CC 1:00 Travel Express Pb 1:30 Cards &amp; Games L 2:30 Friday Songfest w/ Robert Parker 5:30 Games &amp; Music w/Pauli L</p>	<p><b>25</b></p> <p>9:15 Breakfast Club / Exercise L 10:00 Manicures &amp; Music CC 1:00 Bananagrams / Monopoly L 2:00 Saturday Trivia L 3:00 Saturday Bingo L 3:00 Lobby Piano L 5:30 Fireside Games LR</p>
<p><b>26</b></p> <p>9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC 12:30 Bananagrams L 1:00 Sunday Football Pb 2:00 Puzzles &amp; Games L 3:00 Lobby Piano 5:30 Movie Night LR</p>	<p><b>27</b> <i>Beauty Salon Open</i></p> <p>9:15 Breakfast Club / Exercise L 10:00 Manicures &amp; Music CC 1:00 Garden Stroll 1:00 Color Therapy CC 2:00 Music &amp; Memories Pb 3:00 Candy Bingo L 5:30 Games &amp; Music w/Pauli L</p>	<p><b>28</b></p> <p>9:15 Breakfast Club/ Exercise L 10:00 Volleyballoon / Ball Toss CC 11:30 Veteran's Club Lunch PD 12:30 Patio Music / Walking Club 1:00 Tree Trimming Party LR 3:00 Music &amp; Memories Pb 5:30 Movie Night / Popcorn Pb</p>	<p><b>29</b></p> <p>9:15 Breakfast Club L 10:00 "Singing Seniors" LR 1:00 Garden Walk 1:00 Brain Games L 2:00 Table Games / Puzzles CC 3:00 Candy Bingo L 5:30 Games &amp; Music w/Pauli L</p>	<p><b>30</b> <i>Beauty Salon Open</i></p> <p>9:15 Breakfast Club / Exercise L 9:30 Catholic Communion Ch 10:00 Sit &amp; Stretch / Move to Music CC 1:00 Garden Stroll 1:00 Monopoly Club L 2:00 Cook's Corner CC 3:00 Lobby Piano LR 6:00 Game Night w/N. Coast Church LR</p>	<p><u>Location Key</u> CC – Community Center Ch – Chapel CS –Country Store DR – Dining Room G – Outdoor Gardens L – Library LR- Living Room P – Patio Pb – Pub</p>	

Changes to the Program Calendar *may occur* and will be announced as soon as possible. Snacks are accessible throughout the day. A variety of independent leisure pursuits are available daily. Outdoor walks are encouraged daily and outdoor access is always available.