



A Monthly Newsletter for the Families and Friends of Vista Gardens

January 2018

A Message from Jacqueline DuPont

Thank You!

Dear Families – Happy Holidays!

Thank you all again for your support to our staff over the holidays. It was AMAZING! I have never seen such a grateful and thankful group of families and residents in my entire career. Thank you.

Update: We are finishing the Garden level remodel. The painting is completed! I love the new wall colors. Even the residents have commented positively! Our lobby and Pub movie room furniture better be pretty amazing for it to have taken this long. I am hoping for it to arrive in January. They are telling us that the floods affected them in south. I am sorry for the delay. Our garden level will be receiving new furniture soon. We have the furniture samples for everyone to see. It is lovely. We are replacing the chairs, tables and adding an activity table. As for our dining room. Currently, we have ordered all new table cloths and we are looking for new chairs. I know our old ones are looking a bit worn. We will address this issue for sure in the new year. So far we also have two bids to re-do the sliding doors which are not sliding properly. Matthew and the owners should have this work ordered soon.

Our weather getting really dry and cold, If you have the chance to pick up a water bottle (labeled) for your loved one, it would really help us out. We want everyone to be offered water as much as possible.

Nursing has been doing some wonderful employee training. Easter, Rachel and Kelly all welcome any topics you may feel you want us to address too. 2018 is going to be focusing on daily communication and training. Please feel free to give any ideas to Easter. She welcomes your opinion.

Once again, I am so thankful for your support in 2017 and I wish you and your families the best New Year ever!

Best Wishes,
Jacqueline Dupont Carlson

To Our Vista Gardens families...

Thank you for your thoughtfulness and generosity during the Holiday Season. We sincerely appreciate all of your gifts and support. It is truly our pleasure to have you and your loved ones as part of our Vista Gardens family! Our warmest wishes to all for or a healthy and happy New Year!

Favorite Photos



Out & About

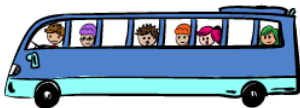
Wednesday, Jan. 3rd
Mission San Luis Rey

Wednesday, Jan. 10th
Dixon Lake

Wednesday, Jan. 17th
Vista Castle

Wednesday, Jan. 24th
Miniature Museum

Wednesday, Jan. 31st
Bates Nut Farm



Happy 100th Birthday!

Please Help Us Celebrate!



*Isabel G. will turn 100 on
Wednesday, January 3, 2018!
Join us for Cake & Ice Cream
In the Dining Room
At 12 noon.*

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

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

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RFCE # 374603152

Editor: Mara Carney

Happy January Birthday!

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Residents

1/3 Isabel G. Winnie L.
1/22 Cheryl S. Martin Z.
1/29 Lois M 1/31 Nancy Br.

Staff

1/6 Verbely G. 1/6 Phylicia L.
1/15 Jenipher F. 1/23 Maria G.
1/25 Rosie A.



Outstanding Employees

Congratulations!

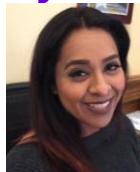
Employee of the Year-2017

Ray Soto



2017 Humanitarian Award

Gabby Zarate



Employee of the Month

January 2018

Josephine Solaita



Welcome New Residents & Families



to our
Vista Gardens family!

Lowell B.

Rose M.

Doreen M.

Nick N.

Patricia V.




**We look forward to
getting to know you!**

Resident Spotlight



**Edith
Barba**

Edie has been a resident at Vista Gardens for several years. She is the oldest of 9 children and often talks about having to help take care of her siblings. She is a music lover and knows the words to most popular tunes of her generation. She is extremely caring helpful to residents who seem frail and in need of her attention. Edie loves our staff and shares her hugs freely with everyone around her.
Edie, we're glad you're here with us!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Years' Day 9:00 Rose Bowl Parade 9:15 Breakfast Club / Exercise L 10:00 Rose Bowl Football 1:15 Games w/ Rose L 2:00 Music & Memories Pb 3:00 Candy Bingo L 5:30 Movie Night	2 9:15 Breakfast Club L 10:00 Volleyball / Ball Toss CC 1:00 Scenic Drive 1:30 Painting CC 2:00 Card Games L 5:30 Games w/ Heather L	3 9:15 Breakfast Club L 10:00 Bible Study CC 12:00 Birthday Party: Isabel G. DR 1:00 Outing: Mission San Luis Rey 2:00 Table Games / Puzzles CC 3:00 Candy Bingo L 5:30 Movie Night	4 Beauty Salon Open 9:15 Breakfast Club / Exercise L 9:30 Catholic Communion Ch 10:00 Manicures & Music CC 1:00 Resident Council Meeting 2:00 Monopoly Club 3:00 Lobby Piano LR 6:00 Game Night	5 9:15 Breakfast Club / Exercise L 10:00 Beauty Hour CC 12:30 Resident Council Meeting L 1:00 Cards & Games L 1:00 Travel Express Pb 2:00 Friday Songfest w/ Musicstation 5:30 Movie Night	6 9:15 Breakfast Club / Exercise L 10:00 Manicures & Music CC 12:30 Patio Music / Walking Club 1:00 Bananagrams / Monopoly L 3:00 Lobby Piano 5:30 Fireside Games LR
7 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC 12:30 Bananagrams L 1:00 Sunday Football Pb 1:00 Puzzles & Games L 3:00 Lobby Piano 5:30 Movie Night LR	8 Beauty Salon Open 9:15 Breakfast Club / Exercise L 10:00 Manicures & Music CC 1:00 Garden Stroll 1:15 Games w/ Rose L 2:00 Music & Memories Pb 3:00 Candy Bingo L 5:30 Movie Night	9 9:15 Breakfast Club L 10:00 Table Games TLC 11:30 Veteran's Club Lunch PD 1:00 Scenic Drive 1:30 Color Therapy CC 2:00 Card Games L 5:30 Games w/ Heather L	10 9:15 Breakfast Club L 10:00 Bible Study CC 1:00 Outing: Dixon Lake 2:00 Table Games / Puzzles CC 3:00 Candy Bingo L 5:30 Movie Night	11 Beauty Salon Open 9:15 Breakfast Club / Exercise L 9:30 Catholic Communion Ch 10:00 Manicures & Music CC 1:00 Monopoly Club L 2:00 Cook's Corner CC 3:00 Lobby Piano 6:00 Game Night	12 9:15 Breakfast Club / Exercise L 10:15 Art Class with Denise CC 1:00 Travel Express Pb 1:30 Cards & Games L 3:00 Friday Songfest w/ La Don 5:30 Movie Night	13 9:15 Breakfast Club / Exercise L 10:00 Manicures & Music TLC CC 1:00 Bananagrams / Monopoly 2:00 Bob Hope: USO Shows Pb 3:00 Lobby Piano 5:30 Fireside Games LR
14 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside 12:30 Bananagrams L 1:00 Sunday Football Pb 1:00 Puzzles & Games L 3:00 Lobby Piano 5:30 Movie Night LR	15 Martin Luther King Jr. Day <i>Beauty Salon Open</i> 9:15 Breakfast Club / Exercise L 10:00 Manicures & Music CC 1:00 Garden Stroll 1:15 Games w/ Rose L 3:00 Candy Bingo L 5:30 Movie Night	16 9:15 Breakfast Club L 10:00 Volleyball / Ball Toss CC 1:00 Scenic Drive 1:30 Painting CC 2:00 Card Games L 5:30 Games w/ Heather L	17 9:15 Breakfast Club L 10:00 "Our January History" 1:00 Outing: Vista Castle 2:00 Table Games / Puzzles CC 3:00 Candy Bingo L 5:30 Movie Night	18 Beauty Salon Open 9:15 Breakfast Club / Exercise L 9:30 Catholic Communion Ch 10:00 Manicures & Music CC 1:00 Monopoly Club CS 2:00 Brain Games Pb 3:00 Lobby Piano LR 6:00 Game Night	19 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 & Games L 3:00 Friday Songfest w/ Wil 5:30 Movie Night	20 9:15 Breakfast Club / Exercise L 10:00 Manicures & Music CC 1:15 Hula Ministry LR 3:00 Lobby Piano 3:00 Saturday Bingo L 5:30 Fireside Games LR
21 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC 1:00 Sunday Football Pb 1:00 Library Games 3:00 Lobby Piano 5:30 Movie Night LR	22 Beauty Salon Open 9:15 Breakfast Club / Exercise L 10:00 Manicures & Music CC 1:00 Garden Stroll 1:15 Games w/ Rose L 2:00 Music & Memories Pb 3:00 Candy Bingo L 5:30 Games & Music w/Pauli L	23 9:15 Breakfast Club L 10:00 Volleyball / Ball Toss CC 1:00 Scenic Drive 1:30 Color Therapy CC 2:00 Card Games L 5:30 Games with Heather L	24 9:15 Breakfast Club L 10:30 Bible Study CC 1:00 Outing: Miniature Museum 2:00 Table Games / Puzzles CC 3:00 Candy Bingo L 5:30 Games & Music w/Pauli L	25 Beauty Salon Open 9:15 Breakfast Club / Exercise L 9:30 Catholic Communion Ch 10:00 Manicures & Music CC 2:00 Cook's Corner CC 1:00 Monopoly Club L 5:30 Game Night LR	26 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 & Games L 3:00 Friday Songfest w/ Peter 5:30 Games & Music w/Pauli L	27 9:15 Breakfast Club / Exercise L 10:00 Manicures & 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
28 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC 12:30 Bananagrams L 1:00 Sunday Football Pb 1:00 Puzzles & Games L 3:00 Lobby Piano 5:30 Movie Night LR	29 Beauty Salon Open 9:15 Breakfast Club / Exercise L 10:00 Manicures & Music CC 1:00 Garden Stroll 1:15 Games w/ Rose L 2:00 Music & Memories Pb 3:00 Candy Bingo L 5:30 Games & Music w/Pauli L	30 9:15 Breakfast Club / Exercise L 10:00 Volleyball / Ball Toss CC 12:30 Patio Music / Walking Club 1:00 Scenic Drive 1:30 Painting CC 2:00 Card Games L 5:30 Games with Heather L	31 9:15 Breakfast Club L 10:30 Bible Study CC 1:00 Outing: Bates Nut Farm 1:00 Brain Games L 2:00 Table Games / Puzzles CC 3:00 Candy Bingo L 5:30 Games & Music w/Pauli L	<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		

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.