



*A Monthly Newsletter for the Families and Friends of Vista Gardens*

**February 2018**

*A Message from Jacqueline DuPont*

*Family Night*

Dear Vista Gardens Families,

I hope you all had a lovely month of January. We are really enjoying the new Movie Theatre-Pub! We have a good variety of DVD's and our cable movie channels are wonderful, as well. A family recently also donated some great DVD's including: Lucy, Andy Griffith and so many fun oldies! Also, Anyone wanting to watch a movie in the Pub is welcome, from either floor. Please speak to Mara upstairs or Mara downstairs!

Our outings are back! Over the last month Mara has taken our residents on some fun outings such as Dixon Lake, The Craftsmanship Museum and the Helen Woodward Animal Center. We are trying to accommodate all residents that are interested in joining us. Seating is limited and we often have to schedule repeat trips!

YES, it is true! The Main dining room is open for all, any time between 7 am and 6 pm. Please feel free to go in and have a snack or watch TV with your loved one. It is usually nice and quiet in there on off times! Our daily activity schedule has also changed upstairs and our meal times have been adjusted downstairs. Please take a look at our various groups and daily schedules. Thank you to every family who have been harvesting our fruits! We need to continue to pick our vegetation.

I was privileged to lead "Breakfast Club" today. The group was full and we discussed Elvis Presley. One of our residents gave me a CD for Christmas, titled, "How Great Thou Art". The residents enjoyed listening to and discussing Elvis and his life story. We made his bio into a game and they got so competitive...They are so smart! They knew his home town, how he passed away, that he had a twin brother and so much more! Skip and Jenifer tied as Elvis champions. They each received a heart shaped Elvis box of chocolates! At the end we all sang to the CD tune of "How Great Thou Art." They knew every word! It just reaffirms how music is so important and especially how our residents relate to music from their past.

Please congratulate Our employee of the month, Asyline Clay and resident of the month, Jenifer Sexton. Mara will have a lovely bio posted on the resident of the month in the Reagan Library. We're looking forward to seeing everyone at our Family Orientation on Feb. 8th and at our Sweetheart Supper on February 11th. Have a safe and healthy month! *Jacque*

To our Family Members,

*Welcome to Vista Gardens!*

We are so glad you have chosen us to care for your loved one. We take that responsibility very seriously and wish to begin our relationship with an open door and on a positive note.

*Please join us for a...*

*Family Orientation*

**Thursday, Feb 8th**

**4:00 pm**

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

*Light Refreshments Served*

*We look forward to seeing you!*



*Favorite Photos*



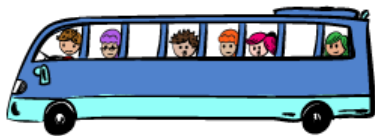
## Out & About

*Wednesday, Feb. 7th*  
Mt. Soledad

*Tuesday, Feb. 13th*  
Hidden Meadows

*Wednesday, Feb. 21st*  
Leatherneck Museum

*Tuesday, Feb. 28th*  
Picnic at Carrillo Ranch



## Chinese New Year

We are welcoming  
**The Year of the Dog**  
On Friday, February 16th  
with a Luncheon in our  
**Dining Room at 11:00 am**  
You are invited to join our celebration!



Guest Meal: \$ 6  
RSVP by Wed. 1/14

## 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

## Happy February Birthday!

# Happy Birthday!

### Residents

2/3 Carolyn M.  
2/12 Hannah S.  
2/14 Bernadine B.  
2/22 Lorri V.  
2/23 Trudy B.



### Staff

2/4 Mekita L.  
2/8 Irma P.  
2/28 Debbie D.

## Welcome New Residents & Families



*To our  
Vista Gardens Family!*

**Robert B  
Elia C.  
Howard G.  
Delores H.  
Marian M.  
Syneva P.  
Yasuko S.  
Carol T.**

*We are so glad  
to meet you!*

## February Employee of the Month

*Congratulations!*

**Asyline Clay**

*Employee of the Month: Feb. 2018*



Aslyne is a newer member of our dietary department. In her short time at Vista Gardens she has become a standout server and is always willing to go the extra mile for our residents and families. She lives in Temecula with her husband and has future goals of joining the Air Force and becoming a member of law enforcement. She says it was challenging to learn all the residents' personalities but easy to fall in love with them!






*Way to Go!*

## Resident Spotlight



**Jenifer  
Sexton**

*Jenifer is well loved at Vista Gardens. She is active and social in most activities and helpful to all who need a helping hand. Jenifer's first love, however, is animals. She has a beautiful dog named Arrow, a cat named Mike, who lives here with her, and horses on her ranch in Big Bear. She has adopted our rooster, Roger, and our chicken, Ginger, and faithfully feeds and waters them each day. Jenifer's sense of humor is contagious, and she isn't afraid to laugh at herself occasionally! We are truly blessed to have Jenifer as a member of our Vista Gardens family. Jenifer, Thanks for being you!*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>February Birthdays Residents</b> 2/3 Carolyn M. 2/12 Hannah S. 2/14 Bernadine B. 2/22 Lorri V. <b>Staff</b> 2/4 Mekita L. 2/8 Irma P. 2/28 Debbie D.	<b>1 Beauty Salon Open</b> 9:15 Breakfast Club L Catholic Communion Ch 10:30 AM Stretch / Manicures CC 1:00 Cook's Corner CC / Movie Pb 2:00 Fireside Trivia LR / Cookie Cart 3:00 Lobby Piano LR / Travel Video Pb 6:00 Game Night	<b>2 Groundhog Day</b> 9:15 Breakfast Club L / Volleyballoon CC 10:30 Morning Stretch L / Puzzles CC 12:30 Garden Walk / 1:00 Baking Cookies CC Travel Video Pb 2:00 Friday Songfest w/ Musicstation LR 5:30 Games & Music w/Pauli L	<b>3</b> 9:15 Breakfast Club L / Puzzles CC 10:00 Exercise L / Manicures CC 12:30 Patio Music / Walking Club 1:00 Girl Scout Visitors / Bingo 2:00 Monopoly L / Matinee Pb 3:00 Trivia L / Lobby Piano 5:30 Fireside Games LR
<b>4 Super Bowl Sunday</b> 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC 12:30 Bananagrams L 1:00 Matinee Pb 3:00 SUPER BOWL PARTY Pb 3:30 SUPER BOWL GAME 5:30 Movie Night LR	<b>5 Beauty Salon Open</b> 9:15 Breakfast Club L / Beauty CC 10:30 Sit & Stretch L / Music CC 1:00 Games w/ Rose L Baking Cookies CC 2:00 Color Therapy CC / Cookie Cart 3:00 Candy Bingo L / Comedy Pb 5:30 Games & Music w/Pauli L	<b>6</b> 9:15 Breakfast Club L / Bingo CC 10:30 Morning Stretch L / Walk G 1:00 Scenic Drive B / Baking Cookies CC 2:00 Card Games L / Cookie Cart 3:00 Travel Video Pb / Golf G 5:30 Movie Night / Puzzle LR	<b>7</b> 9:15 Breakfast Club L / Travel Pb 10:30 Stretch L / Bible Study Pb 1:00 Outing: Mt Soledad Baking Cookies CC 2:00 UNO L / Cookie Cart 3:00 Candy Bingo L / Garden Walk 5:30 Games & Music w/Pauli L	<b>8 Beauty Salon Open</b> 9:15 Breakfast Club L Communion Ch 10:30 AM Stretch / Manicures CC 12:30 Resident Council Meeting LR 1:00 Matinee Pb / Baking Cookies CC 2:00 Fireside Crossword / Cookie Cart 4:00 Family Orientation Night L 6:00 Olympics Opening Ceremony	<b>9</b> 9:15 Breakfast Club L / Volleyballoon CC 10:15 Art Class with Denise CC / Movie Pb 1:00 Baking Cookies L / Exercise Pb 2:00 UNO Card game / Cookie Cart 3:00 Friday Songfest w Celeste LR 5:30 Games & Music w/Pauli L Olympics Pb	<b>10</b> 9:15 Breakfast Club L / Puzzles CC 10:00 Exercise L / Manicures CC 1:00 Bananagrams / Monopoly L Bob Hope: USO Shows Pb 3:00 Trivia L / Lobby Piano 5:30 Fireside Games LR
<b>11</b> 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside 12:30 Bananagrams L 1:00 Sunday Matinee Pb Puzzles & Games L 3:00 Lobby Piano / Movie Pb 4:00 Sweetheart Supper DR	<b>12 Beauty Salon Open</b> 9:15 Breakfast Club L / Beauty CC 10:30 Sit & Stretch L / Music CC 1:00 Games w/ Rose L Baking Cookies CC 2:00 Color Therapy CC / Cookie Cart 3:00 Candy Bingo L / Comedy Pb 5:30 Games & Music w/Pauli L	<b>13</b> 9:15 Breakfast Club L / Bingo CC 10:30 Morning Stretch L / Walk G 11:30 Veteran's Club Lunch PD 1:00 Drive: Hidden Meadows Baking Cookies CC 2:00 Library Games L Cookie Cart 5:30 Movie Night / Olympics Pb	<b>14 Valentine's Day</b> 9:15 Breakfast Club L / Travel Pb 10:30 Stretch L / Bible Study Pb 1:00 Puzzles L I Love Lucy Pb 2:00 Valentine Dance Party LR Coronation VG King & Queen 5:30 Games & Music w/Pauli L Olympics Pb	<b>15 Beauty Salon Open</b> 9:15 Breakfast Club L Catholic Communion Ch 10:30 AM Stretch / Manicures CC 1:00 Scenic Drive / Baking Cookies CC 2:00 Games w/Heather L / Cookie Cart 3:00 Lobby Piano LR / Travel Video Pb 6:00 Game Night LR / Olympics Pb	<b>16 Chinese New Year</b> 9:15 Breakfast Club L / Volleyballoon CC 10:30 Morning Stretch L / Puzzles G 11:00 Chinese New Year Luncheon 1:00 Baking Cookies CC / Comedy Pb 2:30 Ari & Dominic on Violin LR 5:30 Games & Music w/Pauli L Olympics Pb	<b>17</b> 9:15 Breakfast Club L / Puzzles CC 10:00 Exercise L / Manicures CC 1:15 Hula Ministry LR Card Games L 3:00 Lobby Piano / Saturday Bingo L 5:30 Fireside Games LR Olympics Pb
<b>18</b> 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC 1:00 Sunday Matinee Pb Library Games L 3:00 Lobby Piano Garden Walk 5:30 Movie Night / Olympics Pb	<b>19 Presidents' Day</b> 9:15 Breakfast Club L / Beauty CC 10:30 Sit & Stretch L / Music CC 1:30 History Presentation: JFK Pb Baking Cookies CC 2:00 Color Therapy CC / Cookie Cart 3:00 Candy Bingo L / Comedy Pb 5:30 Games & Music w/Pauli L	<b>20</b> 9:15 Breakfast Club L / Bingo CC 10:30 Morning Stretch L / Walk G 1:00 Scenic Drive B Baking Cookies CC 2:00 Card Games L / Cookie Cart 3:00 Comedy Video Pb / Golf G 5:30 Movie Night / Olympics Pb	<b>21</b> 9:15 Breakfast Club L 10:00 "Our February History" 1:00 Outing: Leatherneck Museum Baking Cookies CC 2:00 UNO L / Cookie Cart 3:00 Candy Bingo L / Garden Walk 5:30 Games & Music w/Pauli L	<b>22 Beauty Salon Open</b> 9:15 Breakfast Club L Catholic Communion Ch 10:30 AM Stretch / Manicures CC 1:00 Cook's Corner CC / Movie Pb 2:00 Games w/Heather / Cookie Cart 3:00 Lobby Piano LR / Travel Video Pb 6:00 Game Night LR / Olympics Pb	<b>23</b> 9:15 Breakfast Club L / Volleyballoon C 10:30 Morning Stretch L / Puzzles G 1:00 Cards & Games L Baking Cookies CC 2:00 Friday Songfest w/Tammy LR 5:30 Games & Music w/Pauli L Olympics Pb	<b>24</b> 9:15 Breakfast Club L / Puzzles CC 10:00 Exercise L / Manicures CC 1:00 Bananagrams / Monopoly L 2:00 Saturday Trivia L / Painting CC 3:00 Saturday Bingo L Lobby Piano L 5:30 Fireside Games LR / Olympics Pb
<b>25</b> 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC 12:30 Bananagrams L 1:00 Sunday Matinee Pb Puzzles & Games L 3:00 Lobby Piano / Movie Pb 5:30 Olympics Closing Ceremony	<b>26 Beauty Salon Open</b> 9:15 Breakfast Club L / Beauty CC 10:30 Sit & Stretch L / Music CC 1:00 Games w/ Rose L Baking Cookies CC 2:00 Color Therapy CC / Cookie Cart 3:00 Candy Bingo L / Comedy Pb 5:30 Games & Music w/Pauli L	<b>27</b> 9:15 Breakfast Club L / Bingo CC 10:30 Morning Stretch L / Walk G 11:00 Picnic at Carrillo Ranch 1:00 Baking Cookies CC / Music Pb 2:00 Games w/ Heather L Cookie Cart 5:30 Movie Night	<b>28</b> 9:15 Breakfast Club L / Travel Pb 10:30 Stretch L / Bible Study Pb 1:00 Scenic Drive Baking Cookies CC 2:00 UNO L / Cookie Cart 3:00 Candy Bingo L / Garden Walk 5:30 Games & Music w/Pauli L	<b>Location Key</b> 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.