



A Monthly Newsletter for the Families and Friends of Vista Gardens

March 2018

A Message from Jacqueline DuPont

Everyone's Irish!

Dear friends and families,

February was a very busy month at Vista Gardens! We celebrated Super Bowl, Valentine's Day and so much more! Our residents are enjoying bus outings several times a week as Mara and her team are back to traveling around town! Today, Mara and her team hosted the weekly Veterans day lunch. It was so elegant and patriotic. Please ask to see the wonderful pictures! It was a wonderful tribute for our special residents.

New crops have been planted in our garden. Our residents are anxious to sample all the varieties of tomatoes and peppers they are watering and watching. Soon we should have some wonderful vegetables to pick! Our new furniture arrived and our residents love the movie chairs and living room sofas. Two residents came up to me yesterday and told me, "We know we liked the circle near the front door before, but we were wrong. The fire place room is so much nicer. It is quiet and warm." I was thrilled to hear their comments!

We have also added muffins all day! Because the dining room is now open all day, muffins and snacks are located on a table under the TV for our residents to enjoy. New dining table cloths are also on their way! They are very elegant and a nicer color of beige. Our new chairs for all dining areas will take at least another four weeks, however. We are hopeful that they will complete our elegant Dining Room transformation.

If you have any care concerns please reach out to Rachel, Easter or myself. We will be hiring an additional day nurse, If you know a compassionate nurse send her our way! Watch for upcoming flyers for St Patrick's and Easter events. We hope to see you there! Thank you!

Jacque

*Vista Gardens Resident's
Luck o' the Irish Lunch
Thursday, March 15th*

11:30 am

In our Dining Room

*Wear your green
and join the fun!*



*To our Families, Visitors
and Staff Members...*

*Please stop by our
Private Dining Room*

*Thursday, March 15th
for a Complimentary*

Luck o' the Irish Lunch

Between 11 am & 1:30 pm

Favorite Photos



Daylight Savings

Don't forget...

**Set clocks
ahead 1 hour**



**Before bedtime
Sat., March 11th.**

King & Queen of Our Hearts

**Edie B.
& Skip H.**



Our Vista Gardens team members were asked to nominate one male and one female resident as our "King and Queen of Hearts."

Questions they considered were, "Who do you look forward to seeing every day?" Which residents have you learned from?" "Which residents have helped to make you a better caregiver?" Ballots were tallied, and our King and Queen were crowned on Valentine's Day. Both Skip and Edie were surprised with a sash, a crown, flowers and chocolates. Second place votes went to Arthur K. and Rose M. We're all so blessed and proud to have these residents in our community and as part of our family!

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

Rachel McIntyre
Memory Care Director

Stephanie Morgan
Director of Sales & Marketing

Mara Carney
Activity Director

Dee Warner
Culinary Director

Easter Sialoi
Staff Development Manager

Leah Shakarjian
Community Liaison

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 March Birthday!

Happy Birthday!

Residents

3/3 John B. 3/12 Arthur K.
3/19 Hildie R. & George S.
3/23 Kathleen H. 3/30 Jerry S.



Staff

3/3 Dee W. 3/10 Laura L.
3/12 Graciela M. 3/14 Courtney L.
3/16 Amanda A., Angelica S.
3/20 Linda C., Pauli W., Rosie W.
3/21 Raelene G. 3/26 Easter S.
3/27 Zuri V.

March Employee of the Month

Employee of the Month

March 2018

Frida Rocha



Frida is our cheerful PM Receptionist. She attended college at UC Riverside majoring in Psychology. Born to a Military family, she has lived in many locations, most notably, Germany. She currently calls Vista her home where she lives with her roommate and 2 cats.

Way to Go!

Welcome New Residents & Families



To our Vista Gardens Family!

Diane B.
Shirley C.
Charles G
Gretchen H.
Rita M.
Silver M.
Edward R.
Jean S.

We are so glad to meet you!

Out & About



Wednesday, March 7th
Mt. Soledad

Wednesday, March 14th
Gliderport

Wednesday, March 21st
Leatherneck Museum

Wednesday, March 28th
Picnic at Carrillo Ranch



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<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	<u>March Birthdays</u> Residents: 3/3 John B. 3/13 Arthur K. 3/19 Hildie R., George S. 3/23 Kathleen H. 3/30 Jerry S. Staff: 3/3 Dee W. 3/10 Laura L. 3/12 Graciela M. 3/14 Courtney L. 3/16 Amanda A., Angelica S. 3/20 Linda C., Pauli W., Rosie W. 3/21 Raelene G. 3/26 Easter S. 3/27 Zuri V.	1 Beauty Salon Open 9:15 Breakfast Club L Catholic Communion Ch 10:30 AM Stretch / Manicures CC 1:00 Cookie Crew CC / Movie Pb 2:00 Fireside Games / Paint & Craft CC 3:00 Lobby Piano LR / Garden Walk 6:00 Game Night LR	2 9:15 Breakfast Club L / Volleyballoon CC 10:30 Morning Stretch L / Puzzles CC 12:30 Garden Walk / Patio 1:00 Baking Cookies CC Travel Video Pb 2:00 Friday Songfest w/ Musicstation LR 3:00 Lobby Bingo / Comedy Video Pb 5:30 Games & Music w/Pauli L	3 9:15 Breakfast Club L / Puzzles CC 10:00 Exercise L / Manicures CC 12:30 Patio Music / Walking Club 1:00 Library Games / Puzzles LR 3:00 Trivia L / Lobby Piano 5:30 Fireside Games LR
4 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC 1:00 Sunday Matinee Pb Library Games 2:30 Ice Cream Cart 3:00 Lobby Piano / Garden Walk Pb 5:30 Movie Night Pb	5 Beauty Salon Open 9:15 Breakfast Club L / Beauty CC 10:30 Sit & Stretch L / Music CC 1:00 Card Games L Baking Cookies CC 2:00 Color Therapy CC / UNO L 3:00 Candy Bingo L / Garden Walk 5:30 Games & Music w/Pauli L	6 9:15 Breakfast Club L / Bingo CC 10:30 Morning Stretch L / Walk G 11:15 Veteran's Club Lunch CC 1:00 Scenic Drive B / Cookies CC 2:00 Art Class CC / Table Games L 3:00 Travel Video Pb / Garden Walk 5:30 Movie Night / Puzzle LR	7 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 / Matinee Pb 3:00 Candy Bingo L / Garden Walk 5:30 Games & Music w/Pauli L	8 Beauty Salon Open 9:15 Breakfast Club L Communion Ch 10:30 AM Stretch / Manicures CC 12:30 Resident Council Meeting LR 1:00 Cookie Crew CC / Movie Pb 2:00 Fireside Games / Paint & Craft CC 3:00 Lobby Piano LR / Garden Walk 6:00 Games Night LR	9 9:15 Breakfast Club L / Volleyballoon CC 10:15 Art Class with Denise CC / Movie Pb 1:00 Baking Cookies / Movie Pb 2:00 UNO Card Game L / Travel Video Pb 3:00 Friday Songfest w/ La Don LR 5:30 Games & Music w/Pauli L	10 9:15 Breakfast Club L / Puzzles CC 10:00 Exercise L / Manicures CC 1:15 Hula Ministry LR Card Games L 3:00 Trivia L / Lobby Piano 5:30 Fireside Games LR Set Clocks Ahead 1 hr. at Bedtime
11 Daylight Savings Begins 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside 1:00 Cook's Corner CC Puzzles & Games L 2:30 Ice Cream Cart 3:00 Lobby Piano / Garden Walk Pb 5:30 Movie Night Pb	12 Beauty Salon Open 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 / UNO L 3:00 Candy Bingo L / Garden Walk 5:30 Games & Music w/Pauli L	13 9:15 Breakfast Club L / Bingo CC 10:30 Morning Stretch L / Walk G 11:15 Veteran's Club Lunch CC 1:00 Scenic Drive / Cookies CC 2:00 Table Games L / Irish Craft CC 3:00 Garden Walk / Travel Video Pb 5:30 Movie Night Pb	14 9:15 Breakfast Club L / Travel Pb 10:30 Stretch L / Bible Study Pb 1:00 Cookie Crew L I Love Lucy Pb Outing: Gliderport 2:00 UNO L / Matinee Pb 3:00 Candy Bingo L / Garden Walk 5:30 Games & Music w/Pauli L	15 Beauty Salon Open 9:15 Breakfast Club L Communion Ch 10:00 Baking Cookies CC 11:30 St. Patrick's Luncheon DR 1:00 Fireside Stories L / Movie Pb 2:00 Monopoly L / Puzzles CS 3:00 Lobby Piano LR / Garden Walk 6:00 Game Night LR	16 9:15 Breakfast Club L / Volleyballoon CC 10:30 Morning Stretch L / Puzzles G 1:00 Baking Cookies CC / Comedy Pb 2:00 Guitar Sing Along w/ Tammy LR 3:00 Lobby Bingo / Comedy Video Pb 5:30 Games & Music w/Pauli L	17 St. Patrick's Day 9:15 Breakfast Club L / Puzzles CC 10:00 Exercise L / Manicures CC 1:15 Movie Pb Card Games L 3:00 Lobby Piano / Saturday Bingo L 5:30 Fireside Games LR
18 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC 1:00 Cook's Corner CC Library Games L 2:30 Ice Cream Cart 3:00 Lobby Piano / Garden Walk Pb 5:30 Movie Night Pb	19 9:15 Breakfast Club L / Beauty CC 10:30 Sit & Stretch L / Music CC 1:00 Card Games L Baking Cookies CC 2:00 Color Therapy CC / UNO L 3:00 Candy Bingo L / Garden Walk 5:30 Games & Music w/Pauli L	20 9:15 Breakfast Club L / Bingo CC 10:30 Morning Stretch L / Walk G 11:15 Veteran's Club Lunch CC 1:00 Scenic Drive B Cookies CC 2:00 Card Games L / Art Class CC 3:00 Garden Walk / Travel Video Pb 5:30 Movie Night Pb	21 9:15 Breakfast Club L 10:00 "Our March History" 1:00 Outing: Leatherneck Museum Baking Cookies CC 2:00 UNO L / Matinee Pb 3:00 Candy Bingo L / Garden Walk 5:30 Games & Music w/Pauli L	22 Beauty Salon Open 9:15 Breakfast Club L Catholic Communion Ch 10:30 AM Stretch / Manicures CC 1:00 Cookie Crew CC / Movie P 2:00 Fireside Games / Paint & Craft CC 3:00 Lobby Piano LR / Garden Walk 6:00 Game Night LR	23 9:15 Breakfast Club L / Volleyballoon C 10:30 Morning Stretch L / Puzzles G 1:00 Cards & Games w/ Rose L Baking Cookies CC 2:00 Bon Hope USO Video Pb 2:30 Friday Songfest w/ Peter Selzer LR 5:30 Games & Music w/Pauli L	24 9:15 Breakfast Club L / Puzzles CC 10:00 Exercise L / Manicures CC 1:00 Bananagrams / Monopoly L 2:00 Saturday Trivia L / Puzzles LR 3:00 Saturday Bingo L Lobby Piano L 5:30 Fireside Games LR /
25 Palm Sunday 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC 1:00 Cook's Corner CC Puzzles & Games L 2:30 Ice Cream Cart 3:00 Lobby Piano / Garden Walk Pb 5:30 Movie Night Pb	26 Beauty Salon Open 9:15 Breakfast Club L / Beauty CC 10:30 Sit & Stretch L / Music CC 1:00 UNO L Baking Cookies CC 2:00 Color Therapy CC / UNO L 3:00 Candy Bingo L / Garden Walk 5:30 Games & Music w/Pauli L	27 9:15 Breakfast Club L / Bingo CC 10:30 Morning Stretch L / Walk G 11:15 Veteran's Family Lunch CC 1:00 Cookies CC / Scenic Drive B 2:00 Games w/ Heather L / Art 3:00 Garden Walk / Travel Video Pb 5:30 Movie Night	28 9:15 Breakfast Club L / Travel Pb 10:30 Stretch L / Bible Study Pb 11:00 Picnic at Carrillo Ranch 1:00 Baking Cookies CC / 2:00 UNO L / Matinee Pb 3:00 Candy Bingo L / Garden Walk 5:30 Games & Music w/Pauli L	29 Beauty Salon Open 9:15 Breakfast Club L Catholic Communion Ch 10:30 AM Stretch / Manicures CC 1:00 Cookie Crew CC / Movie P 2:00 Fireside Games / Paint & Craft CC 3:00 Lobby Piano LR / Garden Walk 6:00 Game Night LR	30 Good Friday / Passover Begins 9:15 Breakfast Club L / Volleyballoon CC 10:30 Morning Stretch L / Puzzles G 1:00 Baking Cookies CC / Games w/Rose Pb 2:30 Friday Songfest w/ Cowboy Jack 5:30 Games & Music w/Pauli L	31 9:15 Breakfast Club L / Puzzles CC 10:00 Exercise L / Manicures CC 1:15 Movie Pb Card Games L 3:00 Lobby Piano / Saturday Bingo L 5:30 Fireside Games LR

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.