

A Message from Jacqueline DuPont

Dear Family and Friends of Vista Gardens,

Thank you for your support and kindness! Lately, I have received the nicest emails from so many of you complimenting our care and special employees. I agree with you in so many ways, they are so special, and we are fortunate to have an amazing team here at Vista Gardens. Again, as I have said before, I will always thank each employee you mention, as well as offer them a gift of appreciation. Some may even get a raise! Thank you again for letting us know.

Our employee for the month is Zuri Ventura, our Garden Level Activity leader. She has only been with us a few months and truly is a super star. Our residents have been painting, having discussions, exercising and visiting the garden almost every day. They are also enjoying weekly bus outings again. We are so thankful to have found her!

As a reminder, everyone is welcome to take home fruit and vegetables from our garden. You may even want to take your loved one picking in our garden! Our piano player, Daniel continues to play beautiful tunes up stairs and on the garden level on Thursday, Saturday and Sunday. You may listen to him from 2 to 3pm on our Garden Level, or from 3 to 4pm in our lobby. Please feel free to join in with him. Also, every Friday afternoon, Mara and her team have fabulous entertainment in our lobby

Care plans are being mailed out this week by Rachel and her team. Feel free to speak with Rachel regarding any questions. Please join our face book page at: <https://www.facebook.com/VistaGardensMemoryCare/> We also have a Vista Gardens blog that has been really successful at reaching families who really need our advice, support and expertise. Please visit us on Facebook and on our website to hear our monthly blog. A direct link to the blog is: www.JacquelineDupont.com . Have a wonderful month! We hope to see you at our Mother's Day and Memorial Day events!

Best, *Jacqueline Dupont Carlson*

Family Orientation

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
Tuesday, May 29th
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



International Luncheon

Join us for our first
International Day
as we explore



A Taste of
Italy

Friday, May 18th

11:00 am

in the Dining Room

Regular meal charges apply



Resident Spotlight



Rose Main

For all who know Rose, it is clear that she is a helpful, kind and caring woman. She prides herself on being a volunteer and is the first person on the job when there are cookies to be baked or items to be served to other residents. She was born in Minnesota, the only girl to three brothers. Her only daughter, Jeanine is a frequent visitor, and often comes bearing homemade baked goods that Rose loves to share with all her friends. She is a true ambassador at Vista Gardens and we are blessed to have her 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 Wallis
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 May Birthday!

Happy Birthday!

Residents

5/1 David H. 5/8 May M.
5/15 Dorothy A. 5/16 Jean W.
5/23 Jenifer S.



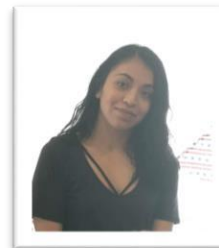
Staff

5/4 Collin W.
5/14 Martinna B. & Sarah O.
5/18 Gabriela H. 5/26 Aki S.
5/31 Karen C. & Graciela P.

May Employee of the Month

Congratulations

Zuri Ventura
Activity Assistant



Zuri is our new Activity Assistant in the Garden Level. She has a positive spirit, and a can-do attitude. Our residents have been enjoying art, games, bingo, trivia and outings with Zuri as their cheerleader. She is a native of Vista and is continuing her studies in Sociology. Way to go!

New Program



Rosary Group
Mondays, 3:00 pm
in the chapel

Out & About

Wednesday, May 2nd
Mission San Luis Rey

Tuesday, May 8th
Gliderport

Tuesday, May 18th
Meditation Gardens

Wednesday, May 23rd
Picnic by the Lake

Tuesday, May 29th
Bates Nut Farm





Advice from Residents

Our residents were asked to give their advice on how to live a happy, rewarding life. These are their responses:

- *Be social*
- *Volunteer*
- *Be authentic and true*
- *Obey the Golden Rule*
- *Have hobbies*
- *Broaden your horizons*
- *Don't judge; be open-minded*
- *Respect your environment*
- *Be kind and helpful*
- *Be grateful*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:15 Breakfast Club L 9:30 Morning Stretch Pb 11:15 HL Veteran's Club Lunch CC 1:00 Scenic Drive B / Cookies CC 2:00 Art Class CC / Table Games L 3:00 Bean Bag L / Garden Walk 5:30 Movie Night / Puzzle LR	2 9:15 Breakfast Club L / Manicures CC 10:30 Stretch L / JW Bible Study CC 1:00 Scenic Drive: Mission B Baking Cookies CC 2:00 UNO L / Matinee Pb 3:00 Candy Bingo CC / Garden Walk 5:30 Games w/Heather L	3 <i>Beauty Salon Open</i> 9:15 Breakfast Club L Catholic Communion Ch 10:30 AM Stretch / Manicures CC 1:00 Candy Cart / Movie Pb 2:00 Fireside Games/ Paint & Craft CC 3:00 Lobby Piano / Comedy Video L 6:00 Game Night LR	4 9:15 Breakfast Club L / Volleyball CC 10:30 Morning Stretch L / Puzzles CC 12:30 Garden Walk / Bananagrams 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	5 <i>Cinco de Mayo</i> 9:15 Breakfast Club L 10:00 Exercise L / Music CC 12:30 Patio Music / Walking Club 1:00 Library Games / Puzzles LR 3:00 Bingo L / Lobby Piano 5:30 Fireside Games LR
6 9:15 Sunday Social CC 10:00 Worship w/Calvary Oceanside CC <i>Mother's Day Brunch</i> Music by Tea Rose Consort 3:00 Lobby Piano / Patio Chat P 5:30 Movie Night Pb	7 <i>Beauty Salon Open</i> 9:15 Breakfast Club L/Puzzles CC 10:30 Sit & Stretch L / Music CC 1:00 Card Games w/Heather L Candy Cart 2:00 Color Therapy CC / UNO L 3:00 Bingo CC / Rosary Group Ch 5:30 Games & Music w/Pauli L	8 9:15 Breakfast Club L 9:30 Morning Stretch Pb 11:15 GL Veteran's Club Lunch CC 1:00 Outing: Gliderport / Cookies 2:00 Art Class CC / Table Games L 3:00 Volleyball L / Garden Walk 5:30 Movie Night / Puzzle LR	9 9:15 Breakfast Club L / Manicures CC 10:00 "Singing Seniors" 1:00 Scenic Drive B 1:00 Baking Cookies CC / Matinee Pb 2:00 Indoor Gardening CC 3:00 Candy Bingo CC / Garden Walk 5:30 Games w/Heather L	10 <i>Beauty Salon Open</i> 9:15 Breakfast Club L Communion Ch 10:30 AM Stretch / Music & Games CC 12:30 Resident Council Meeting LR 1:00 Candy Cart CC / Movie Pb 2:00 Fireside Games / Paint & Craft CC 3:00 Lobby Piano LR / Travelogue Pb 6:00 Games Night LR	11 9:15 Breakfast Club L / Volleyball 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	12 9:15 Breakfast Club L 10:00 Exercise L / Music CC <i>Mother's Day Brunch</i> Music by Tea Rose Consort 3:00 Trivia L / Lobby Piano 5:30 Fireside Games LR
13 <i>Mother's Day</i> 9:15 Sunday Social CC 10:00 Worship w/Calvary Oceanside 1:00 Cook's Corner CC Puzzles & Games L 2:30 Ice Cream Cart 3:00 Lobby Piano / Patio Chat P 5:30 Movie Night Pb	14 <i>Beauty Salon Open</i> 9:15 Breakfast Club L/Puzzles CC 10:30 Sit & Stretch L / Music CC 1:00 Cards & Games L Candy Cart 2:00 Color Therapy CC / UNO L 3:00 Bingo CC / Rosary Group Ch 5:30 Games & Music w/Pauli L	15 9:15 Breakfast Club L 9:30 Morning Stretch Pb 11:15 HL Veteran's Club Lunch CC 1:00 Outing: Meditation Gardens 2:00 Table Games L / Craft CC 3:00 Bean Bag L / Travel Video Pb 5:30 Movie Night Pb	16 9:15 Breakfast Club L 10:00 "Our May History" CC 1:00 Matinee Pb 1:00 Scenic Drive B Cookies CC 2:00 UNO L / Color Therapy CC 3:00 Candy Bingo CC / Garden Walk 5:30 Movie Night	17 <i>Beauty Salon Open</i> 9:15 Breakfast Club L Communion Ch 1:00 Candy Cart 1:00 Uno Card Games L / Movie Pb 2:00 Ball Toss / Puzzles CS 3:00 Lobby Piano LR / 6:00 Game Night LR	18 9:15 Breakfast Club L / Volleyball CC 10:30 Morning Stretch L / Puzzles G 11:00 <i>International Lunch: Italy</i> 12:30 Garden Walk / Bananagrams L 3:00 Friday Songfest w/ Wil 3:00 Candy Bingo L / Travelogue Pb 5:30 Games & Music w/Pauli L	19 <i>Royal Wedding of Harry & Megan</i> 9:15 Breakfast Club L 10:00 Exercise L / Music CC 1:15 Movie Pb Card Games L 3:00 Lobby Piano / Saturday Bingo L 5:30 Fireside Games LR
20 9:15 Sunday Social CC 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 / Patio Chat P 5:30 Movie Night Pb	21 <i>Beauty Salon Open</i> 9:15 Breakfast Club L/Puzzles CC 10:30 Sit & Stretch L / Music CC 1:00 Card Games L Candy Cart 2:00 Color Therapy CC / UNO L 3:00 Bingo CC / Rosary Group Ch 5:30 Games & Music w/Pauli L	22 9:15 Breakfast Club L 9:30 Morning Stretch Pb 11:15 GL Veteran's Club Lunch CC 1:00 Scenic Drive B Cookies CC 2:00 Card Games L / Art Class CC 3:00 Ring Toss L / Travel Video Pb 5:30 Movie Night Pb	23 9:15 Breakfast Club/ L Manicures CC 10:30 Stretch L / JW Bible Study Pb 11:30 Picnic by the Lake B Baking Cookies CC 2:00 UNO L / Matinee Pb 3:00 Candy Bingo CC / Garden Walk 5:30 Movie Night	24 <i>Beauty Salon Open</i> 9:15 Breakfast Club L Catholic Communion Ch 10:30 AM Stretch / Manicures CC 1:00 Candy Cart / Movie 2:00 Fireside Games / Crafts CC 3:00 Lobby Piano / Documentary Pb 6:00 Game Night LR	25 9:15 Breakfast Club L / Volleyball CC 10:30 Morning Stretch L / Puzzles G 1:00 Cards & Games w/ Rose L 2:00 Bob Hope USO Video Pb Root Beer Floats LR CC 2:30 Friday Songfest w/ Peter 5:30 Games & Music w/Pauli L	26 9:15 Breakfast Club L 10:00 Exercise L / Music CC 1:15 Hula Ministry LR 2:00 Saturday Trivia L / Puzzles LR 3:00 Saturday Bingo L Lobby Piano L 5:30 Fireside Games LR /
27 9:15 Sunday Social CC 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 / Patio Chat P 5:30 Movie Night Pb	28 <i>Memorial Day</i> 9:15 Breakfast Club L / Puzzles CC 10:30 Sit & Stretch L / Music CC 11:00 <i>Memorial Day BBQ</i> 2:00 Color Therapy CC / UNO L 3:00 Bingo CC / Rosary Group Ch 5:30 Games & Music w/Pauli L	29 9:15 Breakfast Club L 9:30 Morning Stretch Pb 11:15 HL Veteran's Club Lunch CC 1:00 Outing: Bates Nut Farm B Baking Cookies CC 2:00 Table Games L / Craft CC 3:00 Garden Walk / Bean Bag Pb 4:00 Family Orientation L	30 9:15 Breakfast Club/ L Manicures CC 10:30 Stretch L / JW Bible Study Pb 1:00 Scenic Drive B Cookies CC 2:00 UNO L / Matinee Pb 3:00 Candy Bingo CC / Garden Walk 5:30 Movie Night	31 <i>Beauty Salon Open</i> 9:15 Breakfast Club L Catholic Communion Ch 10:30 AM Stretch / Manicures CC 1:00 Candy Cart / Movie 2:00 Fireside games / Crafts CC 3:00 Lobby Piano / Comedy Video L 6:00 Game Night LR	<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>May Birthdays</u> Residents: 5/1 David H. 5/8 May M. 5/15 Dorothy A. 5/16 Jean W. 5/23 Jenifer S. Staff: 5/4 Collin W. 5/14 Martinna B. & Sarah O. 5/18 Gabriela H. 5/26 Aki S. 5/31 Karen C. & Graciela 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.