

A Monthly Newsletter for the Families and Friends of Vista Gardens

July 2017

A Message from Jacqueline DuPont

Thank You!

Dear Families,

I hope you had a lovely June. We appreciated everyone's participation in our Father's Day Celebration! The Antique Auto Show was such an amazing event. Our residents enjoyed it and the ice cream truck so much! A big Thank you to Apreva Hospice for the generous donation of the ice cream Truck. For hours, residents, families and visitors enjoyed floats, ice cream bars and home made ice cream sundaes! Thank you to Mara Carney, Nikki, Dee and their team for the wonderful event.

I want to encourage all family members sign up for our "Family emails" Please give your email or any other family member email to Evelyn Delgado: edelgado@vistagardensmc.com I also want all of our DPOA's or Power of Attorneys to please contact Kelly Taylor, our Director of Nursing, for a care plan meeting. It is always nice to touch basis and check with Kelly and her team to review your love one's care plans and how care is going. Kelly does her very best to make sure our care plan matches the care your loved is receiving. If you would like an updated copy let us know.

I also want to make it a point thank those of you who have written such beautiful comments on our Caring.com and Yelp pages lately. The staff have been so thrilled to read your grateful comments about their care! Thank you!

Garden Level is thriving and I appreciate all the families who have written such nice notes complementing our new activities! Mara Sialoi has been doing a fabulous job! She and the residents are enjoying everything from music to exercise and so much more. Mara is a blessing to everyone.

Please help us encourage your loved one to drink more water! July is our "Drink More Water Month". You may see lots of flyers with this slogan!

Please try to RSVP to our 4th of July Party on the 4th at 3 pm. Also coming soon is our August Carnival! We are planning a fun filled Carnival for our residents on August 23rd at 3 pm , complete with games, prizes, frozen treats, cotton candy and more! If you would like to volunteer please see Mara Carney, Activity Director.

As a friendly reminder, we have a list of our "Residents Rights" at the front desk. Please feel free to take one home and read them. They are so important and the state of California wants to make sure we are all on the same page in regard to these dignified rights for our Residents. Have a wonderful July!

Best, *Jacqueline Dupont Carlson*

**Many thanks to
Noel Sullivan & Pat DeLeon at
Apreva Hospice**
*for helping us celebrate
Father's Day! Your
generous donation of an
ice cream truck for our event
was a huge hit with our
residents, families
and guests.*



**We appreciate all you do
for our residents!**



Out & About in June

Wednesday. July 5th
Myrtle Creek Park

Wednesday. July 12th
A Walk on the Pier

Wednesday. July 19th
Ride the Sprinter

Wednesday. July 26th
Picnic at Buddy Todd



Scenic drives are held on
Tuesdays for residents
on the Upper Level and
Thursdays for residents
on our Garden Level.

Alzheimer's Support Meeting

*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

Your Management Team

Dr. Jacqueline DuPont
Gerontologist, Executive Director

Evelyn Delgado
Administrator

Joe Balbas
Licensee, Board Member

Kelly Taylor
Resident Services Director

Elsy Ayache
Director of Sales & Marketing

Stephanie Morgan
Community Relations Director

Mara Carney
Activity Director

Nikki Myrick
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

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www.vistagardensmemorycare.com

RFCE # 374603152

Editor:

Mara Carney

Activity Director

Happy July Birthday!

Happy Birthday

Residents

7/8 Anna Marie T.

7/12 Bonnie G.

7/13 Seferino M.

7/19 Gloria D.

Staff

7/3 Matthew S.

7/9 David S.

7/25 Leah W.

7/27 Marina O.

Employee Spotlight

Congratulations!
Employee of the Month:

July 2017

Khalil Wilson

Server

Khalil has been a server for several months at Vista Gardens. In those few months, he has been recognized by his peers and supervisors for his superior work effort and team spirit.

Way to Go!

Garden Level Update



Things have been lively in our Garden Level! We've been painting, dancing, picnicking and singing. Come on down and join the fun!

Welcome New Residents!



To Our Vista Gardens Family!

Andeen F.

Philip F.

Thomas "Tom" K.

Richard P.

Hildie & Tony R.

We're very happy to meet you!

Resident Spotlight

Jenifer Sexton is in the spotlight this month. Jenifer has led a very interesting life with many occupations and vocations. She worked in an office, in a department store, had her own dog grooming business and finally purchased a ranch in Big Bear. There she cared for a menagerie of animals that included dogs, cats, chickens and most importantly, horses. She is a talented artist and has adopted our chicken and rooster and visits and cares for them daily. Her sense of humor keeps us all on our toes during "Breakfast Club". We're blessed to have her in our Community!






Congratulations!

Our best wishes to Becca Braswell, Activity Assistant, on the birth of her son! Rory Flynn Lopez was born on

June 22nd. He weighed 5lbs. 5 oz. and measured 18 inches. Both mother and baby are doing well. We can't wait to meet him!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<u>Resident Birthdays</u> 7/8 Anna Marie T. 7/12 Bonnie G. 7/13 Seferino M. 7/19 Gloria D. <u>Staff Birthdays</u> 7/3 Matthew S. 7/9 David S. 7/25 Leah W. 7/27 Marina O.	<u>Worship Services / Programs</u> <u>Sundays</u> Calvary Oceanside: 10 am, CC <u>Tuesdays</u> Bible Stories: 1 pm, Pb <u>Thursdays</u> Catholic Communion: 9:30 am, Ch <u>Fridays</u> Bible Study: 1pm, Pb	<u>Location Key</u> B -- Bus CC -- Community Center Ch -- Chapel CS --Country Store DR - Dining Room G -- Outdoor Gardens L -- Library LR- Living Room P -- Patio Pb -- Pub	1 9:15 Breakfast Club / Exercise L 10:00 Manicures & Music TLC CC 12:30 Patio Music / Walking Club 1:00 Bananagrams / Monopoly L 3:00 Saturday Bingo L 3:00 Lobby Piano L 5:30 Fireside Games LR
2 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC 12:30 Bananagrams L 1:00 Sunday Matinee Pb 2:00 Cook's Corner w/ Roxanne CC 3:00 Lobby Piano 5:30 Fireside Games LR	3 Beauty Salon Open 8:45 Garden Harvesting 9:15 Breakfast Club / Exercise L 10:00 Manicures & Music TLC CC 1:00 Travel Express Pb 2:00 Color Therapy CC 3:00 Candy Bingo L 5:30 Games & Music w/Pauli LR	4 Independence Day 9:15 Breakfast Club / Exercise L 10:00 Red, White & Blue Decor 2:00 Patriotic Parade 3:00 July 4 th Celebration BIGGS Chapter Harley Club 4:00 Hot Dogs & Pie ala Mode DR	5 8:45 Garden Harvesting 9:15 "Mountain Men" Presentation 10:00 Manicures & Music TLC CC 12:45 Outing: Myrtle Creek 2:00 Table Games / Puzzles CC 3:00 Candy Bingo L 5:30 Games & Music w/Pauli LR	6 Beauty Salon Open 9:15 Breakfast Club / Exercise L 9:30 Catholic Communion Ch 10:00 Sit & Stretch / Move to Music TLC 1:00 Scenic Drive: Garden Level/TLC 1:15 Action for Aging Art Class CC 3:00 Lobby Piano 6:00 Game Night LR	7 8:45 Garden Harvesting 9:15 Breakfast Club / Exercise L 10:00 Puzzles, Dominoes, Bingo TLC 1:00 Bible Study Pb 1:15 Cards & Games L 3:00 Friday Songfest w/ Matt 5:30 Games & Music w/Pauli LR	8 9:15 Breakfast Club / Exercise L 10:00 Manicures & Music TLC CC 12:30 Patio Music / Walking Club 1:00 Bananagrams / Monopoly L 3:00 Saturday Bingo L 5:30 Fireside Games LR
9 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC 12:30 Bananagrams L 1:00 Sunday Matinee Pb 2:00 Cook's Corner w/ Roxanne CC 3:00 Lobby Piano 5:30 Fireside Games LR	10 Beauty Salon Open 8:45 Garden Harvesting 9:15 Breakfast Club / Exercise L 10:00 Manicures & Music TLC CC 1:00 Resident Council Meeting L 2:00 Color Therapy CC 3:00 Candy Bingo L 5:30 Games & Music w/Pauli LR	11 9:15 Breakfast Club L 10:00 Volleyballoon / Ball Toss TLC 12:30 - 4 Massages by Maria 12:45 Scenic Drive 1:00 Bible Stories Pb 2:00 Monopoly Club 5:30 Bingo Night LR	12 8:45 Garden Harvesting 9:15 Breakfast Club / Health Chat 10:00 Manicures & Music TLC CC 12:45 Outing: A Walk on the Pier 2:00 Table Games / Puzzles CC 3:00 Candy Bingo L 5:30 Games & Music w/Pauli LR	13 Beauty Salon Open 8:45 Garden Harvesting 9:15 Breakfast Club / Exercise L 9:30 Catholic Communion Ch 10:00 Sit & Stretch / Move to Music TLC 1:15 Watercolor Painting Class CC 3:00 Lobby Piano 6:00 Game Night LR	14 8:45 Garden Harvesting 9:15 Breakfast Club / Exercise L 10:15 Art Class with Denise CC 1:00 Bible Study Pb 1:15 Cards & Games L 3:00 Friday Songfest w/ Peter S. 5:30 Games & Music w/Pauli LR	15 9:15 Breakfast Club / Exercise L 10:00 Manicures & Music TLC CC 1:00 Bananagrams / Monopoly L 3:00 Lobby Piano / 3:00 Saturday Bingo L 5:30 Fireside Games LR
16 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC 12:30 Bananagrams L 1:00 Sunday Matinee Pb 2:00 Cook's Corner w/ Roxanne CC 3:00 Lobby Piano 5:30 Fireside Games LR	17 Beauty Salon Open 8:45 Garden Harvesting 9:15 Breakfast Club / Exercise L 10:00 Manicures & Music TLC CC 1:30 Let's Stretch CC 2:00 Color Therapy CC 3:00 Candy Bingo L 5:30 Games & Music w/Pauli LR	18 9:15 Breakfast Club L 10:00 Volleyballoon / Ball Toss TLC 12:30 Patio Music / Walking Club 11:30 Let's Picnic in the Garden! 1:00 Bible Stories Pb 2:00 Monopoly Club 5:30 Bingo Night LR	19 8:45 Garden Harvesting 9:15 Breakfast Club / Health Chat 10:00 "Our July History" CC 12:45 Outing: Ride the Sprinter 2:00 Table Games / Puzzles CC 3:00 Candy Bingo L 5:30 Games & Music w/Pauli LR	20 Beauty Salon Open 9:15 Breakfast Club / Exercise L 9:30 Catholic Communion Ch 10:00 Sit & Stretch / Move to Music TLC 1:00 Scenic Drive: Garden Level/TLC 1:00 Uno Card Game L 3:00 Lobby Piano 6:00 Game Night LR	21 8:45 Garden Harvesting 9:15 Breakfast Club / Exercise L 10:00 Puzzles, Dominoes, Bingo TLC 1:00 Bible Study Pb 1:15 Cards & Games L 3:00 Friday Songfest w/ Wil 5:30 Games & Music w/Pauli LR 8:00 Movie Under the Stars P	22 9:15 Breakfast Club / Exercise L 10:30 Tammy & Friends LR 1:00 Bananagrams / Monopoly L 3:00 Saturday Bingo L 3:00 Lobby Piano L 5:30 Fireside Games LR
23 / 30 9:15 Breakfast Club / Exercise Pb 10:00 Worship w/Calvary Oceanside CC 12:30 Bananagrams L 1:00 Sunday Matinee Pb 2:00 Cook's Corner w/ Roxanne CC 3:00 Lobby Piano 5:30 Fireside Games LR	24 / 31 Beauty Salon Open 8:45 Garden Harvesting 9:15 Breakfast Club / Exercise L 10:00 Manicures & Music TLC CC 1:30 Let's Stretch CC 2:00 Color Therapy CC 3:00 Candy Bingo L 5:30 Games & Music w/Pauli LR	25 9:15 Breakfast Club/ Exercise L 10:00 Volleyballoon / Ball Toss TLC 12:30 - 4 Massages by Maria 12:30 Scenic Drive 1:00 Bible Stories Pb 2:00 Monopoly Club 5:30 Bingo Night LR	26 8:45 Garden Harvesting 9:15 Breakfast Club /Health Chat 9:30 Morning Manicures CC 11:30 Picnic at the Buddy Todd Park 2:00 Table Games / Puzzles CC 3:00 Candy Bingo L 5:30 Games & Music w/Pauli LR	27 Beauty Salon Open 9:15 Breakfast Club / Exercise L 9:30 Catholic Communion Ch 10:00 Sit & Stretch / Move to Music TLC 1:00 Scenic Drive: Garden Level/TLC 12:30 Patio Music / Walking Club 1:15 Action for Aging Art Class CC 3:00 Lobby Piano 6:00 Game Night LR	28 8:45 Garden Harvesting 9:15 Breakfast Club / Exercise L 10:00 Puzzles, Dominoes, Bingo TLC 1:00 Bible Study Pb 1:15 Cards & Games L 3:00 Friday Songfest w/ Rosemarie 5:30 Games & Music w/Pauli LR	29 9:15 Breakfast Club / Exercise L 10:00 Manicures & Music TLC CC 12:30 Patio Music / Walking Club 1:30 Hula Ministry LR 3:00 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.

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