

Vista Gardens

A MEMORY CARE COMMUNITY



A Monthly Newsletter for the Families and Friends of Vista Gardens

August 2018

A Message from Jacqueline DuPont

Dear Friends, Families and Residents,

Thank You so much for the amazing employee recognition gifts! I can't thank you enough! Every staff member loved their gift and the party. The residents enjoyed the party too. Our activity program has recently focused on more outdoor time for our residents. They are enjoying the park below and patio so much. Thank you to the activity staff for making such a big effort to do this! The early morning walks as well as the late day walks have been so appreciated by our residents. We also enjoy seeing them harvesting and picking our fruits and vegetables! We are also planning monthly picnics in our "VG park" and more golf! We are still looking for a piano player. If you have any referrals please let me know.

Our Jamaica dining night was a big hit and the residents enjoyed the Jerk chicken the most! Thank you Dee and Mara for such a nice event. We have increased the number of servers in the dining room department.

Please mark your Calendars for the VG Carnival on Sunday, August 26th. This event has something for everyone and is sure to surprise you! We have planned lots of kids events too, please invite your children and grandchildren! Our bouncy house, petting zoo, games, balloon twister and magician will be a big hit with all ages. Mara has also hired a fabulous band for your entertainment.

We have recently purchased reusable water bottles for each of our residents and will begin labeling them next week. They will be placed next to the night stand to encourage our residents to drink more fluids.

You may see some new faces. We are now at full occupancy! We currently have a wait list available if you have a friend to refer to Vista Gardens. Please let Stephanie or Leah know. Thank you for your support of Vista Gardens!

Best Regards, *Jacqueline Dupont Carlson*

International Dinner



Join us on
Tuesday, Aug 14
at 4:00 pm
in our
Dining Room
For a
Luau Buffet

Guest Meal:
\$10 pp

Please RSVP
by 8 /12



Favorite Photos

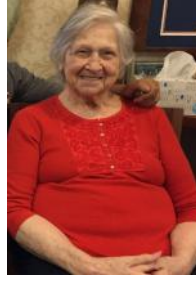


Farewell and Best Wishes!

It saddens us to say goodbye to a beloved member of our VG team. Matthew S., our Environmental Services Director, has left us to begin an exciting venture with his family. They will be opening a new Mediterranean restaurant in downtown Vista. We celebrated him with a pizza party thrown by his family for all the staff and residents! Matthew, you will surely be missed by all at Vista Gardens! Your work ethic and ability to problem solve are unmeasurable! We all wish you great success and enjoyment as you embark on your new adventure. Don't be surprised if you see the Vista Gardens bus pull up outside your restaurant. We look forward to enjoying the fruits of your success! Best Wishes from all of us.



Resident Spotlight



Irma Bradford

Irma is a native of New Jersey. She comes from a large family and is the oldest of six children. She had a large family of her own and kept very busy raising 4 daughters and a son. She is a proud grandmother and boasts often that her grandchildren are as beautiful inside as they are outside. Whenever young children Of our staff or residents come to visit, you can be sure that one of the babies will wind up on her lap! Irma has a wonderful sense of humor and delights in giving her friends funny nick names. She is social, loves to play card games, bingo and do crossword puzzles. She is a fan of Barbara Streisand and enjoys musical entertainment in the lobby. And, like most of us, she never turns down a good piece of chocolate!

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

Ry Vosika
Environmental Services Manager

Vista Gardens
MEMORY CARE COMMUNITY

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Editor: *Mara Carney*

Happy August Birthday!

Happy Birthday!

Residents

8/6 Carol Ann T.
8/18 Chieko B., Julie R.
8/19 Carol N. 8/22 Pat M.
8/23 Amos S. 8/30 Scott K.
8/31 Kay B.



Staff

8/8 Carmen H. 8/16 Ivy S.
8/18 Brandy G. & Wendy M.
8/19 Chardonnay B.
8/29 Janette G. & Shaunette S.

Please join us for cake and ice cream
as we celebrate all our July Birthdays!

Friday, August 31st
2:00 pm

*followed by music by
Cowboy Jack*

We Need Your Help!

To our family members....
We're looking for photos of our residents, in their early teen or adult years. They will be used at our Annual Carnival on August 26th for a "Guess Who" game. We will be happy to scan the photo so you may keep the original intact. You may e-mail your photo to our receptionist receptionist@vistagardensmc.com or drop them off at the front desk. Thank you!



August Employee of the Month

Congratulations! Theresa Chino Activity Assistant



Theresa is a native of North County. She attended Carlsbad High School and lives with her family in Vista. Her experience includes waitressing at Denny's, working at the casino, and more recently as an Activity Assistant in Carlsbad. Her can-do attitude is extremely valuable to us as she is now our Bus Driver for resident outings, our gardener and harvester with our residents, and leads a dynamic "Noodle Stretch" exercise program for our residents. Theresa has a musical family who have come in to share their talents generously with our residents! We are so fortunate to have her as a Vista Gardens team member!

Early Bird Walking Group

Meet us in the Lobby
after Breakfast
at 8:45 am

for a fresh air walk with friends!

Welcome New Residents!



To our Vista Gardens Family!

**Stanley D.
Ralph R.
Richard S.**

We are so glad to meet you!

*To All VG Residents, Families & Staff...
Please Join Us for a Vista Gardens*




Summer Carnival



*Sunday, August 26th
1:00 to 3:00 pm*

- Games - Prizes -*
- Popcorn - Hot Dogs -*
- Bounce House - Magic -*
- Cotton Candy - Balloons -*
- Live Music -*
- Petting Zoo -*

There is no charge for this event

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Resident Birthdays 8/6 Carol Ann T. 8/18 Chieko B. & Julie R. 8/19 Carol N. 8/22 Pat M. 8/23 Amos S. 8/30 Scott K. 8/31 Kay B. Staff Birthdays 8/8 Carmen H. 8/16 Ivy S. 8/18 Brandy G. & Wendy M. 8/19 Chardonnay B. 8/29 Janette G. & Shaunette S.	Early Bird Walk <i>Daily: 8:45 am</i> Cookie Cart <i>Daily: 2:00 pm</i> <i>The Pub is open throughout the day for movies and documentaries.</i>	1 9:00 Breakfast Club L News CC 10:15 JW Bible Study Pb 10:30 AM Stretch L Noodle Stretch CC 1:00 Monopoly L Scenic Drive B 2:00 Word Challenge L Music CC 3:00 Prize Bingo L Garden Harvest G 6:00 Lobby Games & Music L	2 <i>Beauty Salon Open</i> 9:00 Breakfast Club L News CC 9:15 Communion Ch 10:30 AM Stretch L /Puzzles CC 1:00 Patio Trivia P Color Pages CC 2:00 Bananagrams L Music CC 3:00 Tai Chi Pb Ball Toss CC 6:30 Game Night LR	3 9:00 Breakfast Club L News CC 10:00 Morning Stretch L Volleyball CC 1:00 Bananagrams L Music & Memory CC 2:00 Friday Songfest w/ Musicstation LR 3:00 Lobby Bingo & Lemonade Pb 6:00 Lobby Games & Music L	4 9:00 Breakfast Club L News CC 10:00 Ball Toss L / Music CC 1:00 Library Games L Puzzles LR 2:00 Bingo L Tai Chi Stretch Pb 3:00 Monopoly L Color Pages CC 5:30 Fireside Chat LR
5 9:00 Breakfast Club L News CC 10:00 Worship w/Calvary Oceanside CC 1:00 Cook's Corner CC Library Games L 2:30 Ice Cream Cart 3:00 Card Games L Table Games CC 5:30 Movie Night Pb	6 <i>Beauty Salon Open</i> 9:00 Breakfast Club L News CC 10:30 Sit & Stretch L Music CC 1:00 UNO L Painting CC 2:00 Crosswords L Puzzles CC 2:30 Rosary Group Ch 3:00 Bingo L Garden Harvest G 6:00 Lobby Games & Music L	7 9:00 Breakfast Club L News CC 10:30 Sit & Stretch L Volleyball CC 11:15 HL Veteran's Club Lunch PDR 1:00 UNO L Scenic Drive B 2:00 Bean Bag L Bingo Cards CC 3:00 Volleyball L Garden Walk 5:30 Movie Night Pb Puzzle LR	8 9:00 Breakfast Club L News CC 10:00 "Singing Seniors" LR 10:00 Tai Chi Stretch Pb 1:00 Monopoly L Scenic Drive B 2:00 Word Challenge L Music CC 3:00 Prize Bingo L Garden Harvest G 6:00 Lobby Games & Music L	9 <i>Beauty Salon Open</i> 9:00 Breakfast Club L News CC 9:15 Communion Ch 10:30 AM Stretch L Puzzles CC 11:15 Picnic in the Park & Golf G 1:00 Patio Trivia P Color Pages CC 3:00 Tai Chi Pb Ball Toss CC 6:30 Games Night LR	10 9:00 Breakfast Club L News CC 10:00 Morning Stretch L Volleyball CC 1:00 Bananagrams L Music & Memory CC Library Card Games L 3:00 Friday Songfest w/ Celeste LR 6:00 Lobby Games & Music L	11 9:00 Breakfast Club L News CC 10:00 Ball Toss L / Music CC 1:00 Library Games L Puzzles LR 2:00 Bingo L Tai Chi Stretch Pb 3:00 Monopoly L Color Pages CC 5:30 Fireside Chat LR
12 9:00 Breakfast Club L News CC 10:00 Worship w/Calvary Oceanside CC 1:00 Cook's Corner CC Library Games L 2:30 Ice Cream Cart 3:00 Card Games L Table Games CC 5:30 Movie Night Pb	13 <i>Beauty Salon Open</i> 9:00 Breakfast Club L News CC 10:30 Sit & Stretch L Music CC 1:00 UNO L Painting CC 2:00 Crosswords L Puzzles CC 2:30 Rosary Group Ch 3:00 Bingo L Garden Harvest G 6:00 Lobby Games & Music L	14 9:00 Breakfast Club L News CC 10:30 Sit & Stretch L Volleyball CC 11:15 GL Veteran's Club Lunch PDR 1:00 UNO L Scenic Drive B 2:00 Bean Bag L Bingo Cards CC 3:00 Volleyball L Garden Walk 4:00 International Night: Hawaii	15 9:00 Breakfast Club L Music Pb 10:00 Tai Chi Stretch Pb 10:00 "Our August History" CC 1:00 Monopoly L Scenic Drive B 2:00 Word Challenge L Music CC 3:00 Prize Bingo L Garden Harvest G 6:00 Lobby Games & Music L	16 <i>Beauty Salon Open</i> 9:00 Breakfast Club L News CC 9:15 Communion Ch 10:30 AM Stretch L / Puzzles CC 12:30 Resident Council Meeting L 2:00 Tammy on Guitar LR 3:00 Patio Trivia P Balloon Toss LR 6:30 Game Night LR	17 9:00 Breakfast Club L News CC 10:00 Morning Stretch L Volleyball CC 1:00 Bananagrams L Music & Memory CC 3:00 Friday Songfest w/ Wil LR Travelogue: Hawaii Pb 6:00 Lobby Games & Music L	18 9:00 Breakfast Club L News CC 10:00 Ball Toss L / Music CC 1:00 Library Games L Puzzles LR 2:00 Bingo L Tai Chi Stretch Pb 3:00 Monopoly L Color Pages CC 5:30 Fireside Chat LR
19 9:00 Breakfast Club L News CC 10:00 Worship w/Calvary Oceanside CC 1:00 Cook's Corner CC Library Games L 2:30 Ice Cream Cart 3:00 Card Games L Table Games CC 5:30 Movie Night Pb	20 <i>Beauty Salon Open</i> 9:00 Breakfast Club L / News CC 10:30 Sit & Stretch L / Music CC 1:00 UNO L / Painting CC 2:00 Crosswords L / Puzzles CC 2:30 Rosary Group Ch 3:00 Bingo L / Garden Harvest G 6:00 Lobby Games & Music L	21 9:00 Breakfast Club L News CC 10:30 Sit & Stretch L Volleyball CC 11:15 HL Veteran's Club Lunch PDR 1:00 UNO L Scenic Drive B 2:00 Bean Bag L Bingo Cards CC 3:00 Volleyball L Garden Walk 5:30 Movie Night Pb Puzzle LR	22 9:00 Breakfast Club L News CC 10:15 JW Bible Study Pb 10:30 AM Stretch L Noodle Stretch CC 1:00 Monopoly L Scenic Drive B 22:00 Word Challenge L Music CC 3:00 Prize Bingo L Garden Harvest G 6:00 Lobby Games & Music L	23 <i>Beauty Salon Open</i> 9:00 Breakfast Club L News CC 9:15 Communion Ch 10:30 AM Stretch L / Puzzles CC 11:15 Picnic in the Park & Golf G 1:00 Patio Trivia P Color Pages CC 3:00 Tai Chi Pb Ball Toss CC 6:30 Game Night LR	24 9:00 Breakfast Club L News CC 10:00 Morning Stretch L Volleyball CC 1:00 Bananagrams L Music & Memory CC 2:00 Root Beer Floats on the Patio 2:30 Patio Trivia P Travelogue: Italy Pb 6:00 Lobby Games & Music L	25 9:00 Breakfast Club L News CC 10:00 Ball Toss L / Music CC 1:00 Library Games L Puzzles LR 2:00 Bingo L Tai Chi Stretch Pb 3:00 Monopoly L Color Pages CC 5:30 Fireside Chat LR
26 9:00 Breakfast Club L News CC 10:00 Worship w/Calvary Oceanside CC 1:00 - 3:00 Summer Carnival Games, Petting Zoo, Bounce House Magician, Music, Food & Fun 5:30 Movie Night Pb	27 9:00 Breakfast Club L / News CC 10:30 Sit & Stretch L / Music CC 1:00 UNO L / Painting CC 2:00 Crosswords L / Puzzles CC 2:30 Rosary Group Ch 3:00 Bingo L / Garden Harvest G 6:00 Lobby Games & Music L	28 9:00 Breakfast Club L News CC 10:30 Sit & Stretch L Volleyball CC 11:15 GL Veteran's Club Lunch PDR 1:00 UNO L Scenic Drive B 2:00 Bean Bag L Bingo Cards CC 3:00 Volleyball L Garden Walk 5:30 Movie Night Pb Puzzle LR	29 9:00 Breakfast Club L News CC 10:15 JW Bible Study Pb 10:30 AM Stretch L Noodle Stretch CC 1:00 Monopoly L Scenic Drive B 2:00 Word Challenge L Music CC 3:00 Prize Bingo L Garden Harvest G 6:00 Lobby Games & Music L	30 <i>Beauty Salon Open</i> 9:00 Breakfast Club L News CC 9:15 Communion Ch 10:30 AM Stretch L /Puzzles CC 1:00 Patio Trivia P Color Pages CC 2:00 Bananagrams L Music CC 3:00 Tai Chi Pb Ball Toss CC 6:30 Game Night LR	31 9:00 Breakfast Club L News CC 10:00 Morning Stretch L Volleyball CC 1:00 Bananagrams L Music & Memory CC 2:00 Birthday Party w/ Cowboy Jack LR Travelogue: Scotland Pb 3:00 Lemonade & Laughs LR 6:00 Lobby Games & Music L	Location Key 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.