

Vista Gardens

A MEMORY CARE COMMUNITY



A Monthly Newsletter for the Families and Friends of Vista Gardens

October 2018

A Message from Jacqueline DuPont

October Happenings

Dear Vista Gardens Families,

Thank you so much for your patience with our Fire and Smoke alarm testing. We are currently replacing all our dedicated smoke detectors over the next month. I know the carpet cleaning was also quite difficult on our residents due to commotion of the workers and machines. I apologize for the inconvenience. This month we have hired a phone consultant to meet with us to suggest various future problem-solving methods in case our "Wi-Fi" does go down. I assure you, we will fix the phone issue!

Our dietician visited this week and we received excellent grades! As Dee has mentioned we are going to include more fresh vegetables in the upcoming menu. The residents on our Garden level are really enjoying the new patio furniture. Thank you for your lovely comments.

We are currently at full resident capacity and full hiring capacity. Although, any time you have a referral we will do our best to help that family or future employee.

Have a wonderful fall.

Best Regards,

Jacqueline Dupont Carlson



Thursday, Oct 4th
SD Safari Park
Visits VG

Tuesday, Oct 16th
International Night
Oktoberfest

Saturday, Oct 20th
Alzheimer's Walk:
Balboa Park

Tuesday, Oct 23th
Pumpkin Picking
Bates Nut Farm

Friday, Oct 26th
North Coast Church
Trick-or-Treaters

Wednesday, Oct 31st
Halloween Party

Favorite Photos



International Night



You're invited to join us for a
Culinary adventure to Germany

Tuesday, October 16th

4:00 pm

Chicken Schnitzel, German Potato
Salad, Red Cabbage, Spaetzle,
Cinnamon Streusel Cake

Guest fee: \$10

Kindly RSVP by Sunday, October 14th

Resident Spotlight

Cheryl Sisario



Cheryl was born in Canada and is very proud of her Canadian heritage. She recalls many stories growing up in a cold and snowy climate and often remarks how blessed we are to live in sunny California. Cheryl was a proud wife of a career Naval officer and remembers with pleasure the days when she accompanied her husband to the military dances. Cheryl is social and enjoys her close friendships at Vista Gardens. She is always full of compliments and loves games, outings and movies. And, like most of us, Cheryl loves chocolate and ice cream! We love to see her smiling face every morning!

Annual Alzheimer's Walk

Saturday, October 20th
8:00am at Balboa Park

Join us and more than 4,000 friends, families
and fellow Alzheimer's Champions as we lace up
our walking shoes for...

the ONLY Alzheimer's walk where 100%
100% of dollars raised stay in San Diego!

Together we will raise critical dollars, drive awareness
and ultimately walk side-by-side to fight San Diego's
third-leading cause of death.

Walk with Us! Join Our Team!

Help us reach our fundraising goal of \$1000

Contact Stephanie in our Marketing Department or register at:

<https://alzsd.akaraisin.com/walk4alz2018/VistaGardens>

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

Peter Ledesma
Environmental Services Manager

Vista Gardens
MEMORY CARE COMMUNITY

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Editor: Mara Carney

Happy October Birthday!

Happy Birthday!

Residents

10/20 Carolyn G. 10/21 Richard S.
10/23 Elaine B. 10/27 Rita M.



Staff

10/3 Beverly F.
10/4 Ernesto C, Alan F, Josephine F.
10/6 Jose R. 10/14 Maria M.
10/19 Brandon N. 10/23 Rose S.
10/24 Carolina F. 10/28 Nancy S.
10/31 Jesus S, Adriana V.

Please join us for birthday cake in the lobby
as we celebrate all our October Birthdays!

Friday, October 26th 2:00 pm

followed by music by Sonny M.

October Employee of the Month

Congratulations! **Collin Wickman** **Cook**



Collin has been recognized for his outstanding ability to balance his work life with his private life. His kindness spreads easily throughout the culinary department and throughout the building. We are blessed to have Collin as a member of our Dietary Department and our Vista Gardens team. Way to go, Collin! We're proud of you.

Welcome New Residents!



To our Vista Gardens Family!

Patricia K.
Reiko R.
Cynthia S.
Donald V.

We are so glad to meet you!

From our Dietary Department

Dear Friends,

Let's get out in the fresh air and sunshine! Our Memory Care Community has a fabulous 'memory' garden. Our residents with cognitive diseases can walk through it without getting lost. Please take the time to walk through our spectacular fruit, vegetable and floral garden with loved ones.

In the coming months we'll be planting broccoli and spinach. I'm excited to serve these fresh vegetables. Broccoli is an excellent source of vitamin K which plays an important role in blood clotting. Broccoli also contains nutrients such as magnesium, which supports kidney function and iron, which helps carry oxygen throughout the body. Spinach is a super-food packed with tons of nutrients in a low-calorie package. Dark leafy greens are important for skin, hair and bone health, and provide protein, iron vitamins and minerals.

I look forward to preparing many delicious dishes with these fresh vegetables farmed on our very own garden!

Best regards for healthy dining,

Dee Warner, Culinary Director



Thanking our First Responders



Our Vista Gardens residents visited the men and women of Vista Fire Station #4 with a plate of homemade cookies last month. We all enjoyed meeting these brave heroes and the cookies were a huge hit!



Thanks to all the First Responders who sacrifice daily for the citizens of Vista and San Diego! We appreciate you.



You're invited to join us for a
Culinary adventure to Germany!

Tuesday, October 16th


4:00 pm

Menu

Chicken Schnitzel, Red Cabbage
German Potato Salad, Spaetzle,
Cinnamon Strudel Cake

Guest fee: \$10

Kindly RSVP by Sunday, October 14th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Early Bird Walk Daily: 8:45 am</p> <p>Cookie Cart Daily: 2:00 pm</p> <p><i>The Pub is open throughout the day for movies and documentaries.</i></p>	<p>1 Beauty Salon Open 9:00 Breakfast Club L News CC 10:30 Sit & Stretch L Music CC 1:00 Prayer Group with Paul Ch 1:15 UNO L Travel CC 2:30 Scruples L Puzzles CC 3:00 Bingo L 6:00 Lobby Games & Music L</p>	<p>2 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 Margie Greek on Piano LR 3:30 Lobby trivia L Garden Walk 5:30 Movie Night Pb Puzzle LR</p>	<p>3 9:00 Breakfast Club L News CC 10:15 JW Bible Study Pb 11:15 Picnic at Dixon Lake B 1:30 Monopoly / Card games L 2:00 Word Challenge L Music CC 3:00 Prize Bingo L Garden Harvest G 6:00 Lobby Games & Music LR</p>	<p>4 Beauty Salon Open 9:00 Breakfast Club L News / Stretch 9:15 Catholic Communion Ch 10:30 Resident Council Meeting L 1:00 Patio Trivia P Matinee CC 2:30 SD Safari Park Animals CC 6:30 Games Night LR</p>	<p>5 9:00 Breakfast Club L News CC 10:00 Morning Stretch L Volleyball CC 12:30 Country Store Open 1:00 Bananagrams L Music & Memory CC Library Card Games L 2:00 Friday Songfest w/Musicstation LR 6:00 Lobby Games & Music L</p>	<p>6 9:00 Breakfast Club L News CC 10:00 Ball Toss L / Music CC 1:00 Library Games L Puzzles LR 2:30 Lobby Piano w/ Yako 3:00 Monopoly L Color Pages CC 5:30 Fireside Chat LR</p>
<p>7 9:00 Breakfast Club L News CC 10:00 Worship w/Calvary Oceanside CC 1:00 Matinee Pb Library Games L 2:30 Lobby Piano w/ Yako 2:30 Ice Cream Cart 5:30 Movie Night Pb</p>	<p>8 Beauty Salon Open 9:00 Breakfast Club L News CC 10:30 Sit & Stretch L Music CC 1:00 Prayer Group with Paul Ch 1:15 UNO L Painting CC 2:30 Rosary Group Ch 3:00 Bingo L Garden Harvest G 6:00 Lobby Games & Music L</p>	<p>9 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 2:30 Bean Bag L Music CC 3:30 Garden Walk G 5:30 Movie Night Pb Puzzle LR</p>	<p>10 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 LR</p>	<p>11 Beauty Salon Open 9:00 Breakfast Club L News CC 9:15 Catholic Communion Ch 10:30 AM Stretch L Puzzles CC 1:15 Patio Trivia P Matinee CC 2:00 Word Challenge LR Music CC 3:30 Garden Walk G 6:30 Games Night LR</p>	<p>12 9:00 Breakfast Club L News CC 10:00 Morning Stretch L Volleyball CC 12:30 Country Store Open 1:00 Dominoes L Music & Memory CC Library Card Games L 2:30 Friday Songfest w/Celeste LR 6:00 Lobby Games & Music L</p>	<p>13 9:00 Breakfast Club L News CC 10:00 Ball Toss L / Music CC 1:00 Library Games L Puzzles LR 1:30 Hula Ministry 2:30 Lobby Piano w/ Yako 3:00 Monopoly L Color Pages CC 5:30 Fireside Chat LR</p>
<p>14 9:00 Breakfast Club L News CC 10:00 Worship w/Calvary Oceanside CC 1:30 Cook's Corner CC Library Games L 2:00 Lobby Piano w/ Yako 2:30 Ice Cream Cart 5:30 Movie Night Pb</p>	<p>15 Beauty Salon Open 9:00 Breakfast Club L News CC 10:30 Sit & Stretch L Music CC 1:00 Prayer Group with Paul Ch 1:15 UNO L Painting / Craft CC 2:30 Rosary Group Ch 3:00 Bingo L Garden Harvest G 6:00 Lobby Games & Music L</p>	<p>16 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 2:30 Bean Bag L Music CC 3:30 Garden Walk G 4:00 Oktoberfest Supper DR</p>	<p>17 9:00 Breakfast Club L Music Pb 10:00 "Our October History" CC 1:00 Monopoly L Scenic Drive B 2:00 Word Challenge L Music CC 3:00 Prize Bingo L 6:00 Lobby Games & Music LR</p>	<p>18 Beauty Salon Open 9:00 Breakfast Club L News CC 9:15 Catholic Communion Ch 11:15 Picnic in the Park & Golf G 1:15 Dominoes L Matinee CC 3:00 Trivia P Comedy Pb 6:30 Game Night LR</p>	<p>19 9:00 Breakfast Club L News CC 10:00 Morning Stretch L Volleyball CC 12:30 Country Store Open 1:00 Bananagrams L Music & Memory CC 3:00 Friday Songfest w/Wil LR Travelogue: Hawaii Pb 6:00 Lobby Games & Music L</p>	<p>20 SD Alzheimer's Walk Balboa Park 9:00 Breakfast Club L News CC 10:00 Ball Toss L / Music CC 1:00 Library Games L Puzzles LR 2:30 Lobby Piano w/ Yako 3:00 Monopoly L Color Pages CC 5:30 Fireside Chat LR</p>
<p>21 9:00 Breakfast Club L News CC 10:00 Worship w/Calvary Oceanside CC 1:30 Cook's Corner CC Library Games L 2:30 Lobby Piano w/ Yako 2:30 Ice Cream Cart 5:30 Movie Night Pb</p>	<p>22 Beauty Salon Open 9:00 Breakfast Club L / News CC 10:30 Sit & Stretch L / Music CC 1:00 Prayer Group with Paul Ch 1:15 UNO L / Painting / Craft CC 2:30 Rosary Group Ch 3:00 Bingo L / Garden Harvest G 6:00 Lobby Games & Music L</p>	<p>23 9:00 Breakfast Club L News CC 10:30 Sit & Stretch L Volleyball CC 11:15 GL Veteran's Club Lunch PDR 12:30 Outing: Pumpkin Picking 1:00 Cards & Games L Music CC 3:30 Garden Walk G 5:30 Movie Night Pb Puzzle LR</p>	<p>24 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 LR</p>	<p>25 Beauty Salon Open 9:00 Breakfast Club L News CC 9:15 Catholic Communion Ch 10:30 AM Stretch L Puzzles CC 1:00 Fireside Word Challenge LR 2:00 Storytelling LR Music CC 3:00 Tai Chi Pb Table Games CC 6:30 Game Night LR</p>	<p>26 9:00 Breakfast Club L News CC 10:00 North Coast Trick or Treaters L 12:30 Country Store Open 1:00 Dominoes L Music & Memory CC 2:30 October Birthday Party LR 2:30 Friday Songfest w/ Sonny M. LR 6:00 Lobby Games & Music L</p>	<p>27 9:00 Breakfast Club L News CC 10:00 Ball Toss L / Music CC 1:00 Library Games L Puzzles LR 2:30 Lobby Piano w/ Yako 3:00 Monopoly L Color Pages CC 5:30 Fireside Chat LR</p>
<p>28 9:00 Breakfast Club L News CC 10:00 Worship w/Calvary Oceanside CC 1:30 Cook's Corner CC Library Games L 2:30 Lobby Piano w/ Yako 2:30 Ice Cream Cart 5:30 Movie Night Pb</p>	<p>29 Beauty Salon Open 9:00 Breakfast Club L / News CC 10:30 Sit & Stretch L / Music CC 1:00 Prayer Group with Paul Ch 1:15 UNO L / Painting / Craft CC 2:30 Rosary Group Ch 3:00 Bingo L / Garden Harvest G 6:00 Lobby Games & Music L</p>	<p>30 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 2:30 Bean Bag L Music CC 3:30 Garden Walk 5:30 Movie Night Pb Puzzle LR</p>	<p>31 Happy Halloween 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 2:30 Halloween Party 6:00 Lobby Games & Music LR</p>			<p>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</p>
						<p>Resident Birthdays 10/20 Carolyn G. 10/21 Richard G. 10/23 Elaine B. 10/27 Rita M. Staff Birthdays 10/3 Beverly F. 10/4 Alan F. Josephine F. Ernesto C. 10/6 Jose R. 10/14 Maria M. 10/19 Brandon N. 10/23 Rose S. 10/25 Carolina F. 10/28 Nancy S. 10/31 Jesus S. Adriana V.</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.