

GOOD Life News

at Monte Vista Village

JUNE 2017

www.montevistavillage.com



Employee of the Month

I am pleased to announce that Jason Daniels From the maintenance department has been awarded Employee of the Month. Jason joined Monte Vista a little over a year ago and has done a great job. Congratulations, Jason!

— Maria Shetler, Executive Director



**Our Talk.
Our Walk.
Every Day!**

National Safety Month

Summer's start is a great time to think about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month – a great time to reconsider how we can “Keep Each Other Safe,” this year's theme. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various programs that can help increase muscle and bone strength!

Going for Gold at the Senior Games

Much like the Olympic Games, the National Senior Games is an impressive and inspiring display of hard work, dedication and athleticism. The competition is the largest multisport event in the world for seniors and takes place every two years in a different U.S. city.

The first Senior Games were held in 1987 in St. Louis and featured 2,500 participants in 15 sports. In recent years, the games have attracted more than 10,000 athletes, all over the age of 50, including some centenarians.

After competing at the state level, qualifying athletes attend the national games for a chance to win a gold, silver or bronze medal in their events. Currently, 19 sports are offered, including basketball, tennis, swimming, volleyball, golf, bowling, horseshoes and shuffleboard.

This year's competition is June 2-15 in Birmingham, Ala.



Darlene D.

Darlene was born in Winnipeg, Manitoba, Canada, where the Red River flows north. She had two siblings, Douglas and Kathy. Her dad was a flight instructor for the Royal Canadian Air Force during the war, and her mom was a homemaker. In 1946, her dad became a manager for a freight company (later owning it) in northern Manitoba in the town of Bissett, home to the San Antonio Gold Mine, for which the majority of the 900 residents of Bissett worked. The town offered an ice skating rink, five-lane bowling alley, small hospital, store and homes provided by the mine.



It was very isolated, with no road. The two-day journey started in Winnipeg with a steamer across Lake Winnipeg to Manigotagan. Everybody and everything was then transferred into a smaller river boat for the trip up the river to a portage, where the passengers boarded a small bus and all the cargo was loaded into trucks for a seven-mile overland run. That wasn't the end of the journey, however; there was still another boat to take for the last leg into Bissett. In winter, of course, this route was cut off by ice, although there was a tractor-train that made occasional trips between the town and the outside world.

Darlene recalls that the family's home (built and owned by her parents) in Bissett was furnished with broken furniture that was hauled by her dad's freight company. For fun, she and her friends would go with a lunch to the landfill and watch the bears rummage through the trash looking for food.

The people in the town were drawn from all over Eastern Canada, and after the war, from the stream of immigrants who came from Germany, Poland and other European countries to build new homes in Canada. The mine closed in 1983 and had taken 1.4 million ounces of gold, \$1,800,000,000 at today's rates.

At 18, Darlene moved back to Winnipeg where she married her husband and had two boys, Travis and Scott. Darlene's husband worked on the DEW Line (Distant Early Warning Line) in the Arctic Circle. He became tired of the cold and lack of family life, so in 1969, he decided to move his family to San Diego. Once in San Diego Darlene worked in daycare and for the Union Tribune. She also helped a friend with her meat rabbit farm in Boulevard, Calif.

Darlene moved to L.A. where she became a Regional Sales Manager for the magazine industry covering Southern California, Las Vegas and Arizona. Going out one night, she met Steve who worked in the film industry. Darlene and Steve dated for 15 years before they married. She has two stepchildren, Andrew and Jennifer.

Darlene moved from L.A. in December and is adjusting to life at Monte Vista and meeting new friends. She enjoys many hobbies, like oil painting, bowling, reading, knitting and crocheting, just to name a few. She has some great stories; stop her and listen to some.

What Is a Stroke?

A stroke is a "brain attack." It can happen to anyone at any time. It occurs when blood flow to an area of the brain is cut off. When this happens, brain cells are deprived of oxygen and begin to die. When brain cells die during a stroke, abilities controlled by that area of the brain, such as memory and muscle control, are lost.

How a person is affected by their stroke depends on where the stroke occurs in the brain and how much the brain is damaged. For example, someone who had a small stroke may only have minor problems such as temporary weakness of an arm or leg. People who have larger strokes may be permanently paralyzed on one side of their body or lose their ability to speak. Some people recover completely from strokes, but more than two-thirds of survivors will have some type of disability.

Signs that you may be having a stroke:

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
2. Sudden confusion, trouble speaking or understanding.
3. Sudden trouble seeing or blurred vision in one or both eyes.
4. Sudden trouble walking, dizziness, loss of balance or coordination

Call 9-1-1 immediately if you observe any of these symptoms.

Note the time of the first symptom, This information is important and can affect treatment decisions.

— Elsa Ferrer, Director of Nursing

Squeezebox Month

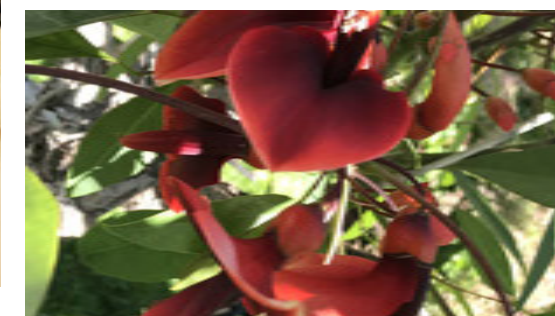
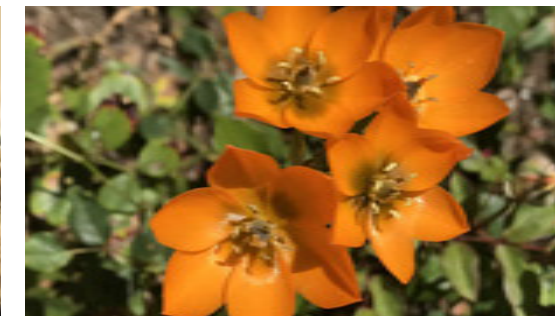
June is National Accordion Awareness Month, which was designed to help spread the word about the resurgence in popularity of the accordion. It also is to educate people about the accordion. According to Wikipedia,

Accordions (from 19th-century German Akkordion, from Akkord — "musical chord, concord of sounds") are a family of box-shaped musical instruments of the bellows-driven, free-reed, aero-phone type, colloquially referred to as a squeezebox. A person who plays the accordion is called an accordionist.

Famous Accordion players include Weird Al Yankovic, James Stewart and Charlie Chaplin



Kentucky Derby hat making



Flowers of Monte Vista

Mad Hatter Tea for Meals on Wheels

Monte Vista recently sponsored a Tea Party to benefit Meals on Wheels; 150 guests attended and over \$5,000 was raised. The entire staff did an outstanding job orchestrating it!



Tea at Monte Vista



Mad Hatter Hat



The Mad Hatter and the Queen of Hearts

New Residents

Helen B.

Jack H.

Jannette B.

Upcoming Events

June 15: Lunch in Oceanside on the Coaster

June 17: Father's Day Lunch

June 20: Casino

June 26: Mystery Happy Hour

Resident Birthdays

Ruth J., 3rd

Crissy L., 6th

Marvin "Steve" S., 11th

Oliver "Bud" P., 19th

Glen B., 27th

Iona N., 28th

Joan I., 29th

June M., 30th

Employee Birthdays

Olivia S., 3rd

Jason D., 9th

Emily B., 16th

Jocelyn P., 25th

Marivic H., 27th



2211 Massachusetts Avenue
 Lemon Grove, CA 91945
 619-465-1331
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Eat Your Vegetables

The arrival of summer is the perfect time to reassess the healthy eating resolutions many of us made at the start of the New Year. It is especially true for those of us who reverted to our old unhealthy habits. Again, small changes to your diet can lead to big improvements in your overall health. One easy goal is to add more fruits and vegetables to your diet. We will do our absolute best in providing quality fruits and vegetables that are in season to allow you the options of making those choices.

— Jon Bautista, Food and Beverage Director



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Go to facebook.com/MonteVistaVillageCA to see pictures and catch up on all the fun here at Monte Vista Village. This is a great way for family members and friends to stay connected!

