

GOOD Life News

at Monte Vista Village

JUNE 2018

www.montevistavillage.com



In the Kitchen

We're very pleased to introduce Glen Wise, Director of Food and Beverage Services at Monte Vista Village.

Originally from Ohio, Glen moved to San Diego in 1992. He received his Bachelor of Fine Arts Degree from Wright State University in Dayton, Ohio, and later received his teaching credentials from UCSD. Glen comes to us with nearly 30 years of culinary experience.



Look forward to some changes with service and satisfaction, expanded menu variety, heart healthy options and of course, homemade desserts.

As they say, the apple doesn't fall far from the tree; Glen's mom is a chef and recently retired at the young age of 80.

Please help me welcome Glen to Monte Vista!

— Maria Shetler, Executive Director

The Pool's Open!

The summer heat is just around the corner, so the pool is heated and ready for a good swim. Join Emily every Wednesday at 10 a.m. for Aquacise and open swim with Emily or Tim on Sundays, Tuesdays and Thursdays at 1 p.m. The pool temp is 88° and a great place to relax and feel better. See you there.

New Residents

Loretta G.

Stephan P.

Elizabeth C.



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

National Safety Month

Summer is a great time to start thinking 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 to help raise safety awareness. 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 exercise classes that can help increase muscle and bone strength! The program's goal is to increase overall health and wellbeing, reduce potential for falls, and encourage residents to remain active.

Anne P.

Born in Brooklyn, N.Y., Ann is the eldest of the two girls. Her dad was an engineer for Bell Labs designing radar, and her mom, a homemaker, taking care of Anne and her sister. As a young girl, the family moved to Long Island, where Anne has fond memories of her family enjoying summer days at Jones Beach and Sundays at the Polo Fields. Anne was very fond of horses, and she and her family would go to New Hampshire on vacation where she would horseback ride for \$1 per ride.



After high school, Anne went off to Wheaton College in Norton, Mass., majoring in Political Science. On a “job search” trip to Washington, D.C., with a friend, Anne said, “fortunately we didn’t get a job; they kept asking me if I could type.” A friend referred Anne to a position at American Airlines as a Passenger Service Agent at the city ticket office in Washington, and her career took off. One day, Anne had a bad day at the ticket office. She called her mom and said “I just want to teach social studies.” Her mom exclaimed, “Anne, you don’t teach social studies, you teach children, and if you recall, you’re not fond of children.”

Air travel at the time was glamorous; travelers were always dressed in their fine clothes and shoes. Anne would use her free tickets to fly her mom and dad to Lindbergh Field (now known as San Diego International Airport) for vacation. Mom and dad decided to buy a house and make a move to La Mesa, where Anne eventually followed. Anne was transferred with American Airlines to Lindbergh Field after eight years in D.C.

Anne loved La Mesa and would commute to the airport where she was a gate agent, during the days when passengers would have to walk up the stairs to the plane. After all the passengers were checked in and onboard the plane, Anne would walk up the steps to the plane, kiss the captain, shut the door and send them off. All this was before the days of security, when family members could meet their arriving guests at the gate. The first coast-to-coast passenger flight was on a DC-7 made by The Douglas Aircraft company and took just under eight hours.

Anne has done her share of traveling to Africa, Japan, Europe and Hong Kong, just to name a few. She said she no longer wants to pack a suitcase, and she’s having a good time in life.

She loves living at Monte Vista Village, claiming it’s “the best place in the world!” She enjoys the atmosphere, the people and her cat, Skye, which she adopted from the Helen Woodward Center.

We’re happy you’re here, Anne!

Photo Corner



Cinco de Mayo celebration with Mexican food and a Mariachi



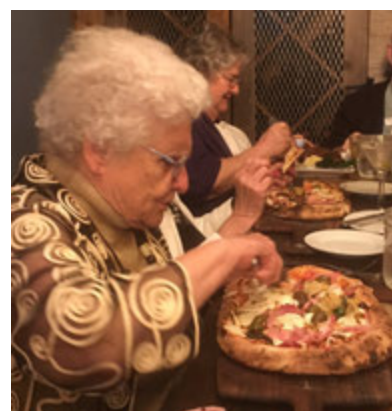
Lunch at Del Mar Urban Plates



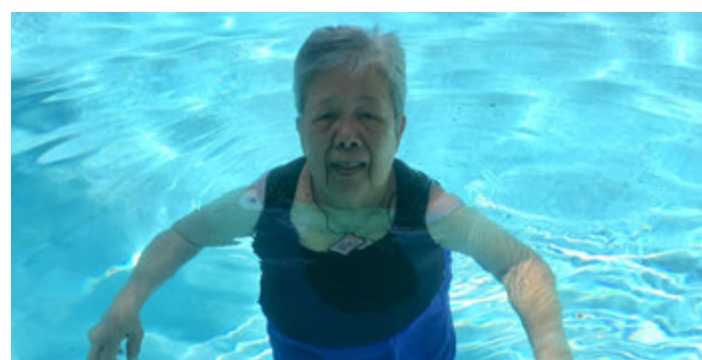
Helen and Claire at Mystery Happy Hour



Tom at Farmers Table in La Mesa



Alice enjoying a night out.



Lilia in the pool

Employee of the Month

Help us congratulate Danny Domingo on the Security Team for being the Employee of the Month. Danny is always there to help, whether it be an emergency, a simple task or just keeping the residents safe in the evening. Congratulations, Danny!



LGBTQ Friendly

A Soothing Succulent

Mention aloe vera, and its common use in soothing sunburned skin probably comes to mind, but this succulent has been a prized plant since ancient times.

More than 6,000 years ago, Egyptians called aloe the “plant of immortality” and used it in their health and beauty regimens. Legend has it that queens Nefertiti and Cleopatra included aloe in their skincare routines, and ancient Egyptian medical scrolls listed a variety of therapeutic remedies containing aloe. Traders later introduced the plant to other countries throughout Asia and Europe, and the popularity of aloe spread.

Aloe vera requires little care, making it an easy-to-grow houseplant even for those without a green thumb. Cutting open one of its thick, spear-shaped leaves exposes a translucent gel that can be applied directly to sunburns, rashes and other minor skin irritations. Some people find that the cool gel soothes skin, provides moisture and relieves itching.

Numerous ready-made aloe vera gel products are also widely available.



Life Enrichment Highlights

- 6/4: Resident Council Meeting
- 6/5: Oceanside Coaster Trip
- 6/7: Resident Birthday Luncheon
- 6/12: San Diego Zoo
- 6/14: Sunshine Ladies Luncheon
- 6/16: Father’s Day Barbeque
- 6/19: Men’s Breakfast
- 6/21: Balboa Twilight Concert — Bluegrass
- 6/25: Mystery Happy Hour
- 6/26: Art for All Ages
- 6/28: Balboa Twilight Concert — Swing/Jazz

Resident Birthdays

- | | |
|-----------------------|---------------|
| Crissy L., 6th | Glen B., 27th |
| Oliver “Bud” P., 19th | Iona N., 28th |
| Joyce C., 24th | June M., 30th |
| Jannette B., 25th | |

Employee Birthdays

- | | |
|----------------|------------------|
| Jason D., 9th | Jocelyn P., 25th |
| Emily B., 16th | Marivic H., 27th |



MONTE VISTA VILLAGE

Senior Living

2211 Massachusetts Avenue, Lemon Grove, CA 91945
619-465-1331 | www.montevistavillage.com



RCFE #374603589 & SNF-090000078

MANAGED BY
 The Goodman Group

Staff

Executive Director

Maria Shetler

Director of Nursing

Elsa Ferrer

Sales and Marketing Director

Tracy Walter

Environmental Services Director

Martha Tirado

Life Enrichment Director

Adrian Guillen

Food and Beverage Director

Glen Wise

Business Office Director

Patti Richmond

Resident Services Director

Jennifer Zelaya

Plant Operations Director

Mitch Holdinghausen

All Eyes on the World Cup

Soccer fans around the globe are gearing up to watch the sport's biggest event, the FIFA World Cup. The monthlong tournament kicks off in Russia on June 14, with the championship game on July 15.

The World Cup takes place every four years. Qualifying games are held in the three years prior to determine which teams play in the finals. Out of more than 200 FIFA teams, only 32 make it to the World Cup — 31 qualifiers plus the host country's team, which automatically earns a spot.

This year, 64 elimination matches will be played in 11 Russian cities, with Moscow hosting the tournament's first and final games.

Due to soccer's global popularity, the World Cup is one of the most widely viewed sporting events. More than 3 billion people tune in for the games.

Since the World Cup was first held in 1930, Brazil has the most championship wins, with five titles. Germany is the current defending champion, having won the 2014 tournament.



Like Us on Facebook

@MonteVistaVillageCA

Visit 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!