

GOOD Life News

at Monte Vista Village

NOVEMBER 2018

www.montevistavillage.com

Resident Spotlight: Lilia V.

Born in Alcala Pangasinan, Philippines, Lilia is the eldest of three girls. Her father was a rice farmer, and her mother, a teacher.

Lilia had a lot of fun as a child, however, at five years old, the Japanese occupation of the Philippines was taking place. The family dug a tunnel under the house in the event they needed to escape; it was very scary for her. She remembers sleeping outside in haystacks, looking up and seeing how beautiful the stars were. She and her sisters used to play baseball and hopscotch and enjoyed each other's company.

Lilia's grandparents lived across the street from her. She loved them very much, as they quite often took care of her and her sisters.

After high school, Lilia went off to The University of St. Thomas Medical School in the Philippines where she earned her Doctorate in Obstetrics. She loved delivering babies, sometimes delivering many within a 24 hour period.

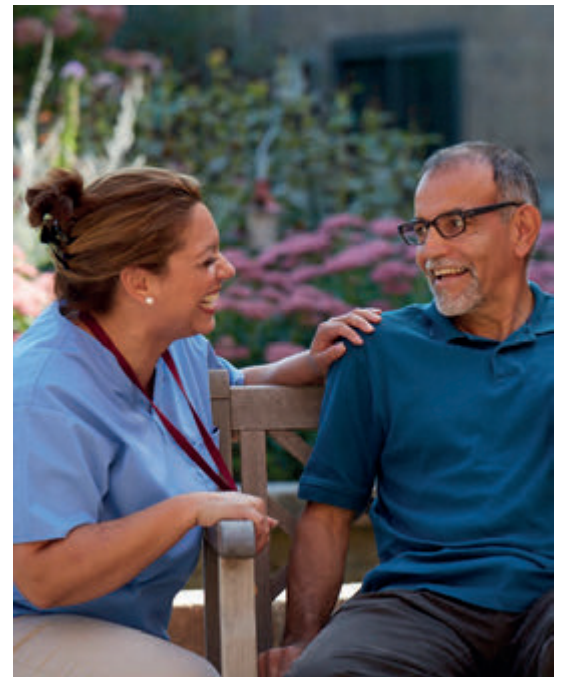
She met Bonifacio, a U.S. Navy man who would soon become her husband. The couple moved to San Diego, where Bonifacio was stationed at North Island and retired after 30 years of service. When her husband retired, Lilia went back to school as she hadn't practiced medicine in 19 years. She started back as a CNA in a care center, then got her LVN license and finally received her RN license. She enjoyed her work, both with the mentally challenged and the elderly. After Bonifacio passed away, Lilia stopped working.

Lilia moved into Little Flower Haven, and after it's closing, she joined us at Monte Vista Village. When asked what she likes most about Monte Vista, she exclaimed "the staff," and she has many friends here.

Lilia has two children, Veejay and Teresa, and two granddaughters.

Lilia enjoys reading, exercise and is a devout Catholic, attending Our Lady of the Rosary each week.

Humble, gracious, funny and caring, Lilia is a gem!



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

**Platinum Service®
Standard #4**

"I am committed to my ongoing development. Knowledge and skills are essential in creating a great experience for our residents."

We use our Platinum Service Standards to measure our ability to serve our residents and each other. When we live up to the requirements of Platinum Service and fulfill our job duties in an exceptional way every day, we know that we are truly doing a good job. Measuring individual and team performance against standards allows us to identify areas of improvement. This is important for the residents who will always enjoy great service from us and for us as employees. In fact, understanding how to better serve our residents, and how to minimize mistakes and rework makes us more efficient, productive, and ultimately more satisfied in our jobs.

New Residents

Ron P.

Bettina "Dolly" D.



Photo Corner



Family Appreciation — Franny the Clown paints.



Kitty and Pam celebrate with Norm on his birthday!



Annie, Steve and Mary Jo were here at Monte Vista to celebrate Alice's 90th!



The Girls, Helen, Lorraine and Jan, enjoying Happy Hour.



Family Appreciation — Breaking the Piñata!

Calling All Veterans

All of us at Monte Vista Village in cooperation with Silverado Hospice would like to honor all Veterans at a special pinning ceremony, Friday, Nov. 9, from 1-2 p.m., in the auditorium.

Veterans, we hope you will join us so we can thank you for your service to our country.



Employee of the Month

Congratulations to our receptionist Debra, Employee of the Month for October 2018.

Debra is a team player, is always smiling, has a cheery attitude and enjoys her job. Nice job, Debra; keep up the great work!

Maria Shetler
Executive Director



Resident Birthdays

Dan T., 2nd Micki G., 19th
Daisy L., 8th Chris V., 21st
Helen W., 11th Dennis K., 27th

Employee Birthdays

Patti R., 6th
Glen W., 21st
Clarence D., 27th
Elena G., 27th

Service Anniversaries

Elena G., 11/3/2011
Kayvon H., 11/4/2016
Martha T., 11/5/1998
Dana G., 11/12/2015
Shella S., 11/12/2015
Ernesto E., 11/19/2003
Semsija S., 11/23/2005
Karren B., 11/30/2017
Catherine S., 11/30/2017

Please Pass the Stuffing — or Dressing

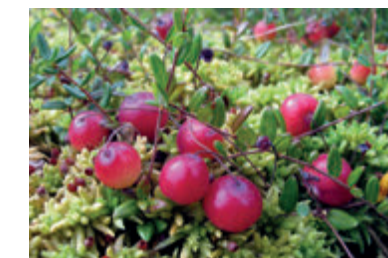


At Thanksgiving dinners this month, many will reach for helpings of a savory concoction of bread, vegetables and herbs. But the name of this dish, either stuffing or dressing, varies from table to table.

Some culinary experts say stuffing is cooked inside a turkey, while dressing is baked in a separate dish. Others say the terms are interchangeable, and history seems to agree. According to the Oxford English Dictionary, the word "stuffing" dates back to 1538 and refers to a mixture cooked inside poultry or other meat, but during the Victorian era, the more polite-sounding name "dressing" emerged. People living in the Southern U.S. adopted this trend, and today, "dressing" tends to be more popular in the South, while "stuffing" is more common in the North.

No matter what it's called, the dish has become a holiday meal favorite and can feature a variety of ingredients. Traditional recipes call for white bread, cornbread or sourdough as the main component, along with the classic combination of onions, celery and sage. Some cooks like to include additions such as sausage, oysters, mushrooms, butternut squash, dried fruit and nuts.

The Cranberry Crop



Turkey, dressing and potatoes are the stars of a traditional Thanksgiving dinner, but a tart red berry deserves attention for its supporting role.

Cranberries grew wild in North America, and early Native Americans used them for food, medicine and as a garment dye. The Pilgrims called the fruit a "craneberry" because the plant's blossoms resemble the head and bill of a crane. Over time, the name evolved into cranberry.

TV commercials and pictures often show cranberries floating in flooded fields, leading many to believe they are grown in water. The berries actually grow on low, trailing vines in sandy bogs or marshes. During harvest season from September to November, the bogs are flooded and machines knock the berries off the vines. Because cranberries have air pockets, they float in the water, making them easier to collect.

About 90 percent of the U.S. cranberry crop is harvested wet. These berries become products such as juices, sauces and dried cranberries. The rest of the crop is harvested dry by using mechanical pickers and is sold as fresh fruit.

In the U.S., northern latitudes provide the best growing conditions for cranberries. Wisconsin, Massachusetts, New Jersey, Oregon and Washington produce most of the crop.

Life Enrichment Highlights

11/1: TED Talks
11/5: Resident Council Meeting
11/5: Roundtable with Adrian
11/8: Sunshine Ladies
11/15: TED Talks
11/17: Thanksgiving Dinner
11/20: Men's Breakfast
11/20: Trip to the Casino
11/27: Art for All Ages
11/29: Veterans Breakfast

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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!



MONTE VISTA
VILLAGE

Senior Living

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MANAGED BY
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LGBTQ Friendly Community

Good Friends Make Great Neighbors – Resident Referral Program

Is life more fun when surrounded by friends? We think so. Here at Monte Vista, we want you to be happy and have your friends come and join us. Therefore, when you refer a friend, you get rewarded.

Eligibility

- You must be a current resident at the time your friend moves in. Don't delay; the more you refer, the more you earn!
- Each friend must list your name as his or her referral source on the applicable paperwork.
- Each new resident may only list one name as his or her referral.

Have your friend mention your name, address and apartment number when they visit (don't forget, or we won't know who to give the credit to!) As a reward, you'll receive credit towards your monthly rent each quarter of the current year your referral moves in with us.

For more details, please contact me.



Jo Ann Selzer, Sales and Marketing Director