

GOOD Life News

at Monte Vista Village

DECEMBER 2017

www.montevistavillage.com



Happy Holidays!

Can you believe it — December is here! With it comes all the festivities of the season.

Our first event will be our Military Christmas Dinner on Dec. 9. This will be our 11th year hosting this event for our active enlisted military E5 and below.

The military party really makes our Christmas, because we know we at Monte Vista are doing something special for families that could use the extra help at this time of the year.

This is followed by our Holiday Cocktail party on Dec. 13 from 5 to 7 p.m. I know Adrian and the rest of the Life Enrichment team have a full calendar of special events planned for this month, and I hope everyone can get out and partake of the fun.

I would like to take this opportunity to wish all our wonderful residents and their families a very Happy Holiday season and a very happy and healthy New Year!

— Maria Shetler, Executive Director

Stay Safe and Healthy This Season

Winter is a time to enjoy the warmth and comfort of home — not worry about chilly weather or catching a cold. Here are some tips to help the season stay merry, healthy and bright:

Wash your hands — With more people indoors, germs that can cause illness are more prevalent. Wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

Get a dose of vitamin D — Less sunshine means less vitamin D absorption, so eat a variety of foods that include the nutrient, including eggs, milk, fortified cereals, and fatty fish such as salmon and tuna. Vitamin D boosts your immune system and helps stave off the “winter blues.”

Dress warmly — Two or three thin layers of clothing are actually warmer than one thick layer. When out during cold weather, wear a heavy coat, a hat, gloves or mittens, and a scarf. Limit your time outdoors and go inside immediately if your clothing gets wet.



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

**Platinum
Service®
Standard #17**

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

We use this Platinum Service mission in all we do to create a wonderful, safe and friendly community for our residents to call home. When we live up to the mantra of “Putting you at the heart of everything we do,” we know that residents, families and team members are enjoying a positive, enriching experience each day. Understanding how to better serve our residents and families is very important to us. It helps make us contributing and supportive members of the community we serve!

Jan B.

Before Hawaii became a state, Jan was born on the Parker Ranch in Honokaa on the big island of Hawaii. Jan was the eldest of three children born to her mom and dad, a housewife and a rancher. Her Hawaiian name, Pua Lani, means a flower that fell from heaven. Fond memories abound of Hawaii where she grew up with no cars, water or electricity. She would go to the river, some distance from their home, to wash their clothes with homemade soap and a washboard. Jan's mother would take her hunting for wild boar; they would kill it, carry it back, wrap it in Ti leaves, bury it in an Imu (a pit oven) and cook it for 24 hours before enjoying it at a luau where she learned to dance. They lived a very simple life, bartering for fish, horseback riding to the beach, all sleeping on the floor and loving life. Jan said she was related to all the people in Honokaa; after all, her paternal grandmother had 23 children and her maternal, 14. Her grandparents owned a sugar plantation.

Coming to America in 1941 wasn't easy. The family traveled on the SS Lurline, a Matson Line ship, and while passing under the Golden Gate Bridge, they heard the news that Pearl Harbor had been bombed.

Jan married and has five children, Cindy, Christy, Mike, Jeff and John. She worked as an insurance adjuster and then as an Activity Director for 25 years.

Jan loves living at Monte Vista; the grounds remind her of home. She enjoys the residents and the great staff.

Her true love, dancing, is in her blood! She has danced all her life, professionally dancing Hula, Tahitian, Samoan and Maori. She enjoys reading, astrology and is always curious.

You'll always see Jan with a Plumeria flower in her hair and a warm smile. When you see her next, say Aloha!



Photo Corner



Vallie, The Old Lady in the Shoe, wins the costume contest!



Alice the Halloween Cat



Emily, Marcelle, Claire and Tim

Special Sprouts

With the look of miniature cabbages, Brussels sprouts offer maximum nutrition.

Like cabbage, Brussels sprouts are cruciferous vegetables, a group that also includes broccoli, cauliflower, kale and collard greens. These plants are known for powerful compounds that may protect the body from cancer. Additionally, Brussels sprouts are low in calories but high in fiber and protein, and a 1-cup serving contains more than 100 percent of the recommended daily amount of vitamins C and K. Among the vegetable's other valuable nutrients are vitamin A, folate, potassium, iron, calcium and omega-3 fatty acids.

In season throughout the fall and winter, Brussels sprouts grow along a tall stalk, which can grow as high as 3 feet and produce 20 to 40 sprouts. Some varieties are as tiny as 1 inch in diameter, while others can be as large as golf balls. The sprouts are often prepared steamed, roasted or sautéed, or shredded raw into salads.

The vegetable is believed to be native to a region in Belgium near the capital of Brussels, the sprouts' namesake. After World War I, the popularity of Brussels sprouts spread across Europe and the U.S., where California currently grows most of the domestic crop.



Fun and Functional Nutcrackers

Standing at attention with their tall hats and toothy grins, nutcrackers are a festive seasonal sight, but do you know the story behind the ornamental soldiers?

Various tools for cracking open nuts, from simple levers to screw designs, have been around for centuries and were usually made of metal. In the 1700s, woodworkers in Germany began carving nutcrackers in the shapes of soldiers and kings. Symbols of good luck and protection, the dolls were traditionally given as gifts. Pressing a handle on the back of the figurine enabled its mouth to move up and down to crack open a nut. Bright colors and handcrafted parts added to the charm of the creations.

The march of nutcrackers into the U.S. was spurred by two factors. During World War II, many American soldiers stationed in Germany bought nutcrackers as souvenirs for their loved ones. Around the same time, Peter Tchaikovsky's ballet "The Nutcracker" debuted in the U.S. and became a hit, making the character a beloved icon.

As pre-shelled nuts became more common, nutcrackers were used mainly for decoration. While traditional soldiers remain a popular design, whimsical figures of all kinds can now be found. Handcrafted wooden nutcrackers are still produced in Germany and are a favorite among collectors.



Life Enrichment Highlights

12/7: Flag Ceremony

12/9: Military Party

12/11: Coronado Christmas Lights

12/12: Shopping and Lunch

12/12: Ugly Sweater Contest

12/13: Cocktail Party

12/14: Sunshine Ladies

12/14: Christmas Lights Outing

12/18: Mystery Happy Hour

12/19: Men's Breakfast

12/19: Christmas Lights Outing

12/31: New Year's Eve Party

New Residents

- Judith L.
- Selma B.
- Mary Louise G.
- Joyce C.



Employee of the Month

Emily joined the Life Enrichment Team in July 2016 as the FIT Coordinator. Her degree is in Kinesiology (the study of human movement) from Fresno State University. She is always ready to step in and assist wherever needed, and she makes sure the residents are getting the best exercise available. Please help me in congratulating Emily on a great job done!

— Adrian Guillen,
Director of Life Enrichment



Resident Birthdays

Weingarten V., 5th

Fritz R., 5th

Claire T., 13th

Jim G., 14th

Lyndell "Bud" M., 15th

Ruth E., 20th

Julie H., 24th

Joe C., 31st

Employee Birthdays

Lynnielle J., 2nd

Dana G., 2nd

Jasmin M., 7th

Emmanuel B., 7th

Erolyn G., 24th

Caroline B., 28th



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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

Jon Bautista

Business Office Director

Patti Richmond

Resident Services Director

Myka Go

Plant Operations Director

Mitch Holdinghausen

A Time to Reflect

The holiday season gives us all a time to reflect on the past year. It is the same time last year I took over as the Director of Dining Services, and what a journey it has been thus far. Through it all, it has been an honor and a privilege to be part of an organization that works to help improve and sustain the health of our wonderful residents. For that, I am thankful and forever in debt to my caring staff.

On behalf of the Dietary Department, we would like to extend our warmest wishes to you and your family for a safe, healthy happy holiday season and a joyous New Year!

Warm regards,
Jon Bautista

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