

GOOD Life News

at Monte Vista Village

APRIL 2018

www.montevistavillage.com

Director of Resident Care Services

I am pleased to introduce our new Director of Resident Care Services, Jennifer Zelaya. Jennifer was born in Reading, Pa., and moved to San Diego at 12 years old. Jennifer is married to her husband, Diego, and they have four children.



Receiving her LVN degree from Maric College, Jennifer has 26 years in the medical field from Long Term Care, Home Health and Assisted Living. As a child, Jennifer was very ill, and the nurses took very good care of her. Since then, she knew she wanted to be a nurse. She enjoys working with the elderly, as they're the ones that made America great!

Please help me welcome Jennifer to Monte Vista.

— Maria Shetler, Executive Director



Our Talk. Our Walk. Every Day!

Our Platinum Service[®] program is the centerpiece of our promise to each of our residents, families and all those we serve to deliver the highest quality of service on a legendary scale. At The Goodman Group, this program transcends everything we do. It is intrinsic to our culture and woven into the fabric of who we are. We respect our residents and guests and promise to create a positive and enriching experience to gain lifetime loyalty.

Our Platinum Service[®] Pledge

"Providing unparalleled service is the focus of our team efforts and my main personal role. I am committed to following and supporting our service philosophy."

Employee of the Month

I'm pleased to announce that Henry from Dietary is Employee of the Month. Henry is an excellent employee; he is always very attentive and always willing to help where needed. With a smile on his face, Henry is always happy to serve our residents with pleasure.

Please help me in congratulating him!

— Maria Shetler, Executive Director



Resident Spotlight: Donna H.

Born on April 1 in Los Angeles, Donna is the eldest of two girls. Her dad was the manager of the Trailways Bus Office, and her mom, a homemaker. As a child, Donna lived in Baldwin Park, where she tended to her chickens on their ranch. After graduating from Covina High School, Donna landed a job with AT&T in downtown Los Angeles; she would take a one-hour street car ride from Baldwin Park to L.A. Donna, a self-proclaimed daddy's girl, spent a lot of quality time with her dad. One day her dad brought a young man home for dinner, Verl. He was a driver for Trailways. He and Donna hit it off and married a year later. They had a young son named Tom. Donna couldn't be more proud of him, graduating from UC Berkeley, and now Tom has an Optometry office in La Mesa. Donna and Verl moved to La Mesa to be closer to her parents where they lived around the corner from them for years.

Donna's dad lived at Monte Vista for five years just a few doors down from where Donna lives now. Donna enjoys living at Monte Vista.



Photo Corner



Bud, Tom and Jim out enjoying Mystery Happy Hour.



Jose receives a Certificate of Appreciation as a member of the U.S. Marine Corps.



The Life Enrichment Team had a productive lunch with Tina, Regional Director, and Maria.

Winged Wartime Heroes

As part of the U.S. Army Pigeon Service, homing pigeons provided a vital service during World War I and World War II. These specially trained messengers took on lofty missions and saved thousands of lives.

Their intelligence, speed and homing ability made carrier pigeons a proven communication tool. In 1917, at the request of Gen. John J. Pershing, a pigeon unit of the Army Signal Corps was created. During World War I, 600 of the birds were used, and over 90 percent of the messages sent by pigeons were received.

World War II saw the peak of the winged force, with 56,000 pigeons managed by 150 officers and 3,000 enlisted men. The birds were bred and trained to travel far and fast, flying up to 600 miles at about 40 mph, even under fire, at night and over open water. They couriered messages encased in small tubes on their legs or pouches looped over their backs. They also parachuted with troops.

With colorful names such as GI Joe, Cher Ami and Thunderbird, several pigeons became famous for their heroics and were awarded medals for valor.

After advances in technology, the Pigeon Service ended in 1957, and the veteran birds found homes in zoos or were sold to the public.



Classic Ballpark Foods

Baseball fans can choose from a menu of unique snack options at MLB stadiums across the country, but these classic ballpark foods remain favorites:



Hot dogs — Whether they are eaten plain, topped with mustard and relish, or piled with chili and cheese, hot dogs go hand in hand with baseball. Fans eat about 19 million of them each season!

Peanuts — In 1895, a peanut company paid for advertising space on baseball scorecards with peanuts, which were then sold at ballparks. Roasted in-shell peanuts have been a staple at games ever since.

Cracker Jack — In the late 1800s, two brothers jazzed up plain popcorn by adding peanuts and a molasses coating. The sweet-and-salty treat became a hit at stadiums after it was immortalized in the 1908 song "Take Me Out to the Ball Game."

Pretzels — Soft, chewy pretzels, sprinkled with salt and often dipped in mustard or cheese sauce, have American roots in Philadelphia, where vendors sold them on street corners and then at baseball games.

Popcorn — Buttery, salty popcorn is a classic snack for kids and adults alike, making it one of the most popular ballpark offerings

Healthy Reasons to Laugh

Kidding around has some serious benefits — and not just for your funny bone! Here's how laughter can improve your life:



Provides a workout — A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system — Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

Lifts your spirits — Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations and let go of stress and anger.

Keeps you connected — Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life. Laughing together is also a common way to bond with loved ones as well as make new friends.

Resident Birthdays

Donna H., 1st	Helen B., 24th
Doyle W., 2nd	Carol C., 25th
Richard B., 8th	Herb J., 27th
Lilia V., 19th	

Employee Birthdays

Ezequiel G., 7th	Cinthya A., 21st
Adrian G., 7th	Nydia S., 23rd
Maria C., 10th	Azucena F., 25th
Thelma P., 15th	

Tree Trivia

Trees are among the planet's most fascinating organisms, and their importance is celebrated each



April on Earth Day and Arbor Day. Branch out with these unbe-leaf-able tree facts:

- The Earth is home to about 3 trillion trees.
- Scientists have determined there are more than 60,000 tree species.
- Trees are the longest living organisms. The world's oldest known individual tree is a bristlecone pine in California that is 5,062 years old.
- It's estimated that a fully grown, leafy tree can produce a year's supply of oxygen for as many as 10 people.
- The world's largest living tree is General Sherman, a giant sequoia in California's Sequoia National Park. The volume of its trunk is 52,513 cubic feet.
- In 1971, the Apollo 14 astronauts took hundreds of tree seeds on their mission to the moon so scientists could study the effects of gravity on germination. These "moon trees" were later planted all over the U.S.
- Being around trees has been shown to make people feel calmer and happier.



MONTE VISTA VILLAGE

Senior Living

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



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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

Jon Bautista

Business Office Director

Patti Richmond

Resident Services Director

Jennifer Zelaya

Plant Operations Director

Mitch Holdinghausen

Life Enrichment Highlights

April 1: Easter Egg Hunt

April 12: Sunshine Ladies

April 17: Men's Breakfast

April 21: Mad Hatter

April 30: Mystery Happy Hour

New Residents

Josie M.

Maria P.



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