

GOOD Life News

at Monte Vista Village

AUGUST 2018

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Georgia M.

Born in San Diego, the youngest of two girls, Georgia grew up at 27th and K Street where she was surrounded by her relatives. Her grandparents lived across the street, and her aunts and uncles were next door from her family home. Georgia's dad was a printer and mom was a homemaker, later to become secretary for the SDUSD Board. Like her mom, Georgia graduated from San Diego High School, where she was a member of the Drill Team on the Drum Corps and played the clarinet in the school orchestra.



Georgia's grandfather had moved from Chicago, traveling by Santa Fe Railroad to Coronado in 1897. He had been hired to fill the printer position at The Hotel Del Coronado. He later went on to start Neyenesch Printing, which her father took over and where Georgia also worked as a teen. She delivered the race programs twice a day to the Del Mar Racetrack.

Georgia received her degree at SDSU in Physical Education, and it's where she met Jim, the man who would become her husband in 1953. The couple traveled to San Francisco for their honeymoon, staying at the Mark Hopkins Hotel. Georgia laughed and said, "the hotel was beautiful, but I wasn't a fan of having to dress up and wear a hat and gloves." Jim and Georgia moved to their home in La Mesa and had three children, Kim, Don and Doug. Jim, Georgia and the children vacationed every year in Mission Beach. They rented a home on the beach and were surrounded by friends. "Why go anywhere? We live in paradise."

Georgia went on to teach in the El Cajon, La Mesa, Spring Valley and Sweetwater School Districts for a total of 24 years. After retirement, Jim and Georgia traveled to Europe and New Zealand. They were married for 62 years before Jim passed away.

I asked Georgia what's on her bucket list, her response with a chuckle, "I don't want to jump out of an airplane, but I would like to see the Kentucky Derby, though I'm very happy where I am." "I love Monte Vista and am so glad I came here. It's the best place I could have gone. It feels like home, and I have friends here."

Georgia enjoys reading, music, playing cards, TV programs and most of all, her family and friends. She has four grandchildren and two greats!

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

**30 Years
Recognizing
Senior
Citizens Day**

The United States Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom, leadership, and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include: starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

Employee of the Month

I would like to congratulate Azucena "Cena" as Employee of the Month. Cena has been with Monte Vista now for 11 years. She's very dedicated and provides great care to the residents in both skilled nursing and assisted living. Congratulations, Cena!

Maria Shetler
Executive Director



Azucena F.

Stay Safe in the Heat

When temperatures rise, we need to take precautions to prevent heat exhaustion and heat stroke. These conditions are caused by the body overheating and can be potentially dangerous, especially for older adults. Follow these tips to stay safe and cool this summer:



Stay inside — During extreme heat, the safest place is an air-conditioned area, especially during midday hours. Stay indoors or opt for outings to cool places such as a shopping mall, library or movie theater.

Hydrate — Even if you don't feel thirsty, sip on water or juice throughout the day, and eat hydrating fruits and vegetables. Avoid caffeinated beverages, which can contribute to dehydration.

Dress appropriately — Wear lightweight, loose-fitting clothing in light colors. When outdoors, keep your head cool with a wide-brimmed hat or umbrella.

Take a break — On hot and humid days, it's best to avoid strenuous physical activity, including exercise, even if you're indoors. Rest often and take it slow.

Check your meds — Some medications can affect the way the body regulates temperature. Ask your physician or pharmacist if any of your medications increase your risk of heat-related illness.

Watch for symptoms — If you or someone else shows signs of heat exhaustion, which can lead to heat stroke, seek medical help right away. Symptoms can include heavy sweating; cold, damp skin; weak, rapid pulse; nausea; dizziness; and headache.

Refreshing Watermelon

Sweet and juicy, watermelon is a taste of summer. The refreshing snack is 92 percent water, so it can quench your thirst and cool you off when the temperature soars.

Watermelon is usually considered a fruit, but it has some properties of a vegetable. It is a member of the gourd family and related to cucumbers, squash and pumpkins. Therefore, some say it can be classified as both a fruit and a vegetable.

What is not debatable is the nutrition packed into watermelon. Its ripe red color comes from high levels of lycopene, an antioxidant that has been linked to a decreased risk of heart disease and cancer, and may protect the skin from sun damage. Watermelon is also a good source of potassium and vitamins A, B-6 and C.

More than 1,200 varieties of watermelon are grown worldwide. While most types have a deep green rind and red or pink flesh, some varieties have an orange, yellow or white interior. Usually sliced into wedges or cubed, watermelon can also be served up in salads and blended into juices or smoothies. Every part of the melon can be eaten, even the rind and seeds.



New Residents

- Patricia "Patti" B.
- Charles "Chuck" P.
- Ann H.
- Barbara L.



Resident Birthdays

Anne P., 7th
Ruth M., 8th
Catherine G., 14th
Lorraine M., 16th
Patsy W., 19th
Ruby A., 23rd
Jake B., 23rd

Employee Birthdays

Ivory G., 1st
Gina O., 4th
Elizabeth R., 5th
Moises R., 6th
Maria R., 14th
Claudia V., 16th
Manuel C., 19th
Michael F., 31st

Service Anniversaries

Erolyn G., 8/3/2016
Hope N., 8/4/2009
Selene O., 8/15/2014
Felix C., 8/24/2012
Laderto "Lad" J., 8/27/2014
Emmanuel B., 8/30/2017
Henry D., 8/30/2017

Surf-Inspired Sounds

In the early '60s, American pop music was all about the sun, sand and surfing the waves. Cruise through your surf music memories by remembering these epic acts:

The Beach Boys — With classics such as "Surfin' Safari," "Surfer Girl" and "Surfin' U.S.A.," this still-beloved group defined the vocal surf music genre with its songs about cool cars, California girls and sunny vibes.

Jan and Dean — Often collaborating with the Beach Boys, this duo performed the same style of tight harmonies and falsetto vocals, heard in the hits "Surf City" and "The Little Old Lady From Pasadena."

Dick Dale and the Del-Tones — Called "King of the Surf Guitar," Dale is considered the pioneer of instrumental surf music. His style of playing the electric guitar produced a sound that mimicked crashing waves. The group appeared in the 1963 film "Beach Party" and is known for the tunes "Let's Go Trippin'" and "Misirlou."

Photo Corner



Laurie, Stan and Lisa enjoy the Father's Day Luncheon.



Maria, along with Jo Ann, and Tim, raise the rainbow flag for Pride!

Life Enrichment Highlights

- 8/1: Jazz Jammers Dixieland/1940's Swing — Balboa Park
- 8/2: Resident Birthday Luncheon
- 8/6: Resident Council Meeting
- 8/6: Round Table with Adrian
- 8/7: Pamper Me Day
- 8/9: Sunshine Ladies Luncheon
- 8/14: Coronado Big Band Swing — Balboa Park
- 8/21: Men's Breakfast
- 8/21: Trip to the Casino
- 8/21: Ice Cream Social
- 8/21: Marine Band San Diego — Balboa Park
- 8/28: Art for all Ages
- 8/28: Coronado Concert Band — Balboa Park
- 8/30: Hawaiian Luau





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

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



LGBTQ Friendly Community

Greetings From ...

Whether they serve as vacation souvenirs, correspondence or collectibles, postcards offer a picture-perfect way to send a message and capture a moment.

Postal correspondence cards were first used in Europe beginning in 1869. The U.S. issued the first official "postal cards" in 1873. Pre-stamped with 1-cent postage, these cards were blank, with one side for the address and the other side for the message.

The first souvenir cards were sold at the 1893 World's Fair in Chicago and featured colorful printed images of fair attractions. The cards were a hit and started a nationwide trend of using inexpensive postcards to mark special events, as well as for travel mementos and advertising.

Characteristics of a postcard give clues about the era in which it was printed. In the early 1900s, postcards with divided backs were introduced, allowing the address and message on one side. To reduce ink costs during World War I, a white border was added around postcard images. Linen cards, with a fabric-like texture and bright printed images, were popular in the 1930s. Color photo technology took over the market after World War II.

Many people collect postcards, a hobby called deltiology.



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