

GOOD Life News

at Monte Vista Village

FEBRUARY 2018

www.montevistavillage.com



2017 Employee Of The Year

It is with great pleasure that I announce the 2017 Employee Of The Year, Rocio Ramirez. Rocio has been with Monte Vista Village for the last 10 years. Rocio is always willing to help wherever she's needed. Currently, Rocio is working in Personal Services where residents love her. Born in Tijuana, Rocio has been living in San Diego since she was 12 years old. She has two big boys and a little girl whom she adores. "I love what I do to help people and am so happy to work at Monte Vista; I feel like I am with family."



Thank you, Rocio, for all you do for the residents and Monte Vista!

Maria Shetler, Executive Director

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

**Platinum
Service®
Standard #19**

"I am a leader and I lead by example. I am a good steward of the environment and a role model both at work and in the greater community."

Platinum Service® is the cornerstone of our operating philosophy. This hospitality approach drives our community. Our community is committed to demonstrating kindness, responsiveness, commitment, integrity, and other positive traits that improve the satisfaction of our residents, their family members, and team members. Every day we work hard to make a difference in the lives of those we serve!

Moments Matter

Abbey is currently taking the Nursing Program at Point Loma Nazarene.

As an assignment for her class, she had to do a project to get to know a senior and conduct interviews about her current health and health history, then write a paper on it. Abbey and Helen hit it off, and now they are good friends.



Abbey and Helen B.

Hoover “Dusty” S.

On the day Herbert Hoover was elected the 31st President of the United States, Hoover (aka Dusty) and his twin brother, Herbert, were born in Richmond, Mich. Dusty was the youngest of four children. Both parents passed when he was quite young, so his aunt stepped in and became his guardian. He and his brother decided



to leave school, escape the cold and hitchhike to Florida. They were picked up by a man who owned an airfield in Gainesville, Fla., and were offered jobs. They worked there for six months and returned back to Michigan. Both boys decided they wanted to join the Navy, so their aunt signed for them to join. Dusty went to the west coast, and his brother, to the east coast. Dusty worked resupplying the military in Alaska, worked aboard the USS Haven Hospital Ship and witnessed the Atomic Bomb test in the Marshall Islands in 1946.

After getting out of the Navy, he landed in San Diego. Dusty recalls seeing the palm tree lined streets and knew he was at home. He landed a job working as a bus boy at the Chinese Pullman Cafeteria in Ocean Beach, where he took the bus to get to. He met a gal on the bus who also worked in Ocean Beach. She introduced him to her friend, a beautiful redhead named Denise. They enjoyed going to dances, fell in love and married. Denise's father was a furniture upholsterer and offered Dusty a job reupholstering furniture. With no car and living with his in-laws, he was determined to do well and get an apartment for Denise and him. They had two children, Deb and Brad, both of whom he's very proud of. Dusty worked in the furniture business all his life, from reupholstering to foreman in a furniture manufacturer to furniture show rooms.

He had a beautiful marriage to his wife, Denise, for 64 years. He is very thankful for his family, two kids, four grandchildren and five great-grandchildren. "Grandpa loves you," he tells his grandchildren every time he sees them.

You may be asking how Dusty got his name. He had a girlfriend who didn't like the name Hoover, so she said she was going to give him a nickname. She said Hoover, vacuum cleaner, Dusty, and it stuck.

Dusty loves living at Monte Vista, which he calls home. He's a kind, gentle and funny man; one you'd be happy to meet.

Heart-Healthy Exercise

Cardiovascular exercise, also called aerobic exercise or simply cardio, is crucial for heart health.

Any physical activity that increases your heart rate and breathing rate for an extended period of time is considered cardio exercise. Walking, bicycling, swimming and many other sports are common examples. During these activities, the lungs take in more oxygen, which goes directly into the bloodstream and the heart. The oxygen makes the heart beat faster, allowing it to pump nutrients throughout the body.

Regular cardio exercise not only makes the heart stronger, but it also sends oxygen to the muscles, where it's used to burn carbohydrates and fat. This is why cardio is so effective at helping a person lose or maintain weight.

Cardiovascular activities are key to preventing heart disease, since they can lower blood pressure and improve circulation. This type of exercise is also helpful in preventing or managing diabetes, osteoporosis, depression and some forms of cancer.

Check with your doctor to see what types of cardio activities are right for you.



Happy Valentine's Day



Mac and Cheese ... Yes, Please!

For many, the ultimate comfort food is a bowl of creamy macaroni and cheese. Now considered a classic, the dish



was first cooked up in Europe but made popular in America by one of the Founding Fathers.

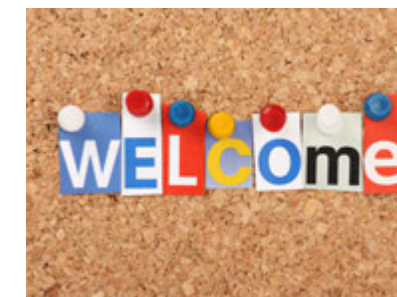
Casseroles of pasta, cheese and butter have been around since at least the 1300s, with recipes published by Italian, French and English authors. Colonists likely brought versions of macaroni and cheese to America by the late 1700s, which was the same time Thomas Jefferson discovered the cheesy dish while working in Europe. He enjoyed it so much he had a pasta machine and Parmesan cheese shipped to the U.S. and later served the recipe at a state dinner during his presidency.

Mac and cheese found more fans during the Great Depression, when Kraft Foods began selling its boxed version, which cost only 19 cents and could feed four people. When World War II rationing limited fresh meat and dairy, Kraft's product became more of a staple, since one ration stamp could be exchanged for two boxes of the dinner.

Today, macaroni and cheese remains a favorite, with recipes ranging from simple pasta, cheddar, milk and butter to gourmet options featuring specialty cheeses and ingredients such as lobster and mushrooms.

New Residents

- Mary J.
- Mary Lou and Gil D.
- Hoover "Dusty" S.



Highlighted Events

- 2/1: Birthday Luncheon
- 2/4: Super Bowl Party
- 2/8: Sunshine Ladies Luncheon
- 2/9: Silent Art Auction
- 2/14: Valentine's Day Party
- 2/20: Men's Breakfast
- 2/26: Mystery Happy Hour

Resident Birthdays

- | | |
|-----------------|----------------|
| Glenn S., 1st | Ron W., 16th |
| Nancy R., 9th | Jack H., 20th |
| Helen C., 13th | Kitty H., 22nd |
| Marian D., 15th | Ellen B., 22nd |

Employee Birthdays

- | | |
|------------------|------------------|
| Martha T., 4th | Monica M., 15th |
| Consuelo G., 5th | Maria S., 18th |
| Irma M., 6th | Emily V., 23rd |
| Maricor L., 7th | Henry T., 27th |
| Semsija S., 10th | Laderto J., 28th |
| Amirah K., 12th | |

A Look at the Olympics

Speed skating, ice hockey and luge are a few of the many events on tap for the 2018 Winter Olympics in Pyeongchang, South Korea.



Prepare for the Feb. 9-25 games by learning a bit more about the competition.

- This will be the 23rd Winter Olympics. The first took place in Chamonix, France, in 1924.
- South Korea hosted the 1988 Summer Olympics in Seoul, but this will be the Asian nation's first Winter Games.
- Figure skating competitions and the men's hockey gold medal game are considered the most popular events.
- The athletes in Pyeongchang will compete in 102 events in 15 sports.
- The 2018 Games will feature four new events: big air snowboarding, mixed doubles curling, mass start speed skating and mixed team Alpine skiing.
- For gold medal performances, keep your eyes on the Norwegian athletes. Although it is a country of just 5 million people, Norway dominates the Winter Games, holding the record for most gold medals and most medals overall.

2018 Winter Olympics Start Feb. 8 on NBC from Pyeongchang, South Korea.



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Sunshine Ladies

A fun time was had at the Sunshine Ladies Luncheon; the theme, American First Ladies. We had a great turnout, wonderful food and some fun trivia about the First Ladies. Join us every second Thursday of the month for Sunshine Ladies.



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