

GOOD Life News

at Monte Vista Village

OCTOBER 2017

www.montevistavillage.com



Kathleen S.

The eldest of two children, Kathleen was born in Waukegan, Ill., the birthplace of Jack Benny. Kathleen's dad was a machinist and her mom was a homemaker. She had a fun childhood, and remembers jumping in and playing in the leaf piles with her sister.

At age 15, Kathleen and her family made a move to Riverside, Calif. to escape the cold and to help her mom feel better from her ailments. Shortly after graduating from high school in Riverside, Kathleen met her husband who was attending a local college. The two were soon to be married and moved to San Luis Obispo so that he could finish school at Cal Poly. The couple had three children (Marie, Scott and Julie) together while they were transferred around the country, living in Houston, Texas; Rochester, N.Y.; and then returning to California. Kathleen worked at Scripps Institution of Oceanography as an administrative assistant which she thoroughly enjoyed.

Kathleen met her second husband, Carl, at a dance in Lakeside and they enjoyed 32 years of marriage together.

Kathleen loves living at Monte Vista, she said "It's the staff, the grounds and the food." She enjoys coloring, sewing, reading and scenic drives.

Always with a smile on her face, Kathleen is a joy to meet!



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

**Health
Literacy
Month**

This annual October observance is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopt a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit blog.thegoodmangroup.com.

Turning 95 ...

To all my relatives and Monte Vista Village friends that attended my "Big 95" birthday party on Sept. 2, I wish to say THANKS, you really made my day. Also, many, many thanks for the lovely gifts, the gorgeous flowers and the many beautiful birthday cards.

Warm regards,
Grace C.

Photo Corner



Geri preparing for Halloween



Angie face paints at Family Appreciation.



Jessie and family

Everything in Moderation

As Halloween spooks around the corner, the month of October kicks off the holiday party season here at Monte Vista Village. It is especially important during this time of year to continue to make good dietary choices. One in particular is over-consuming foods with added sugars. We naturally crave sugar because it is our body's main source of energy and those temptations can become worse when Halloween candy is eyeing us during the whole month of October. These added sugars can lead to further health complications down the road such as obesity and tooth decay. Enjoy the festivities while keeping everything in perspective. Happy Halloween!

— Jon Bautista, Food and Beverage Director

New Residents

Tom L.
Gail H.

Upcoming Events

- 10/2: Resident Council Meeting
- 10/4: Showcase Luncheon
- 10/6: Veterans Meeting
- 10/12: Sunshine Ladies
- 10/13: Navy Birthday Wine and Cheese
- 10/17: Men's Breakfast
- 10/17: Sycuan Casino
- 10/24: Art For All Ages
- 10/26: Veterans Breakfast
- 10/31: Monte Vista Halloween Party
- 10/31: Friendship Connection Singers

A Colossal Carving

In South Dakota, near Mount Rushmore, the Crazy Horse Memorial protrudes proudly from the Black Hills as a tribute to the traditions, legends and heritage of Native Americans.

Crazy Horse was a leader of the Lakota Sioux and lived from 1840 to 1877. A skilled warrior, he fought alongside Chief Sitting Bull at the Battle of the Little Bighorn and is remembered for his efforts to protect his people's way of life.

In 1939, as Mount Rushmore was being finished, a Lakota chief named Henry Standing Bear contacted Polish-American sculptor Korczak Ziolkowski and asked him to design a monument of Crazy Horse that would honor all North American Indians. Work on the sculpture depicting the warrior on his steed began in 1948 and continues today, with his face and the outline of his arm complete.

When the Crazy Horse Memorial is finished, it will be 563 feet high and 641 feet long.



Thank you!

Chris V., resident artist from Casa del Norte, held an art exhibit and silent auction to benefit the Monte Vista Employee Christmas Fund — it was a great success. Residents, friends and neighbors showed up to view the art, drink champagne and enjoy hors d'oeuvres and great conversation.

Thank you Chris for your generous contribution.



Mulegé, Baja California



Champagne and hors d'oeuvres



Chris



Adrian

Resident Birthdays

- | | |
|------------------|------------------|
| Norman S., 1st | Betty Z., 9th |
| Tim L., 1st | Lucille G., 12th |
| Judith J., 2nd | Howard W., 15th |
| Shirley A., 2nd | Thomas K., 23rd |
| Bob B., 3rd | Tatiana T., 25th |
| Renee M., 3rd | George K., 27th |
| David S., 4th | Bill G., 29th |
| Shirley J., 5th | Gina J., 29th |
| Katheryn B., 8th | Jessie R., 29th |
| Alice K., 8th | |

Employee Birthdays

- | | |
|------------------|------------------|
| Shella S., 4th | Rocio R., 19th |
| Martha C., 9th | Pebbles B., 23rd |
| Silvia M., 10th | Tim G., 30th |
| Gustavo S., 15th | Kelly S., 30th |
| Selene O., 17th | |

Tips to Help You Hear Better

October is National Audiology Awareness Month and Protect Your Hearing Month. If you're one of the millions of adults in this country who have some degree of hearing loss, there are several lifestyle tips that can help you communicate better and enjoy life.

When riding in a car or bus, road noise can make it difficult to hear and talk with fellow passengers. For those who wear hearing aids, turning the volume down on the device next to the window can minimize distracting sounds.

In a restaurant or a social gathering, sit or stand with your back to the wall, which will help amplify sound around you. Choose a spot far away from noisy objects like heating and cooling vents and avoid high-traffic areas such as the kitchen or buffet table.

Visual cues can improve what you hear. Face someone who is talking to you so you can see their gestures and expressions. Avoid dimly lit spaces, and close window blinds if sunlight is creating a glare and obstructing the speaker's face.

Before going to a movie or play, read a review or summary about it in the newspaper or on the internet. This way, you'll have a better grasp of the plot in case you miss details when the performers are speaking or singing.

If possible, incorporate carpeting and drapes in your home, as they will reduce background sounds, making conversations clearer.

Finally, remember to rest your ears and take breaks from noisy environments or long conversations.



Save the Dates

- 11/18: Thanksgiving Luncheon
 - 12/9: Military Christmas Dinner
 - 12/13: Holiday Cocktail Party
- More details will follow.



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Greetings from the Marketing Department

The holidays are creeping up on us already. As most of you know, December is the time we pay tribute to the military by holding our Christmas Dinner for enlisted military and their families. Not only do we provide dinner and a visit from Santa, but we try to give each family a gift of \$150 in their Christmas card. This is always a great surprise. In order to be able to provide this amount we must raise \$20,000. As you can imagine, your assistance is greatly appreciated. My friends know when they see me this time of year I'm going to be asking for their participation and they have been very helpful over the past 10 years. If you would like to help, please make your check out to Friendship Missions which is our 501(c)(3) partner. This partnership does make your donation tax deductible.

Thank you,

— Tracy Walter, Director of Marketing

Like Us on Facebook

Go to 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!

